



Spiedini di Pesce Spada al Rosmarino



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 large bell pepper red cut into 12 squares
- ☐ 1 large onion red cut into wedges
- ☐ 8 rosemary branches fresh thick (12 inches long)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds swordfish steaks 1-inch-thick cut into 1-inch cubes ()

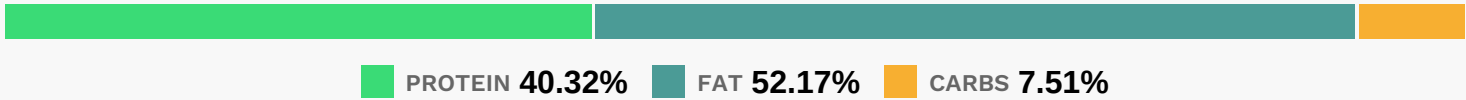
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Soak rosemary spears in water several hours or overnight.
- ☐ Combine olive oil, lemon juice, salt, and pepper in a large heavy-duty zip-top plastic bag; add swordfish, bell pepper, and onion. Seal bag, and chill 30 minutes, turning occasionally. Thread fish and vegetables onto rosemary. Grill kebabs, covered with grill lid, over high heat (400 to 450 degrees Fahrenheit) for 4 to 5 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:16.749564875727%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 171.96kcal (8.6%), Fat: 9.86g (15.16%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.59g (1.76%), Cholesterol: 56.13mg (18.71%), Sodium: 216.02mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.28%), Vitamin D: 11.82µg (78.81%), Selenium: 48.92µg (69.88%), Vitamin C: 29.65mg (35.94%), Vitamin B3: 6.83mg (34.16%), Vitamin B6: 0.54mg (27.21%), Vitamin B12: 1.45µg (24.1%), Phosphorus: 227.5mg (22.75%), Vitamin E: 2.64mg (17.58%), Vitamin A: 774.45IU (15.49%), Potassium: 433.04mg (12.37%), Magnesium: 29.96mg (7.49%), Vitamin B1: 0.08mg (5.54%), Zinc: 0.65mg (4.33%), Vitamin B2: 0.07mg (4.05%), Folate: 15.98µg (3.99%), Vitamin B5: 0.4mg (3.97%), Manganese: 0.08mg (3.83%),

Vitamin K: 3.79µg (3.61%), Fiber: 0.85g (3.41%), Iron: 0.55mg (3.04%), Copper: 0.05mg (2.39%), Calcium: 13.04mg (1.3%)