



Sweet and Sour Grilled Swordfish Kabobs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb equal sizes of swordfish cut into bite-sized (1 1/2 to 2-inch) pieces
- ☐ 0.5 cup soy sauce
- ☐ 2 medium zucchini cut into 1/2-inch-thick slices
- ☐ 1 medium bell pepper red cut into 1 1/2-inch pieces
- ☐ 15 cherry tomatoes
- ☐ 1 serving soy sauce
- ☐ 1 serving frangelico

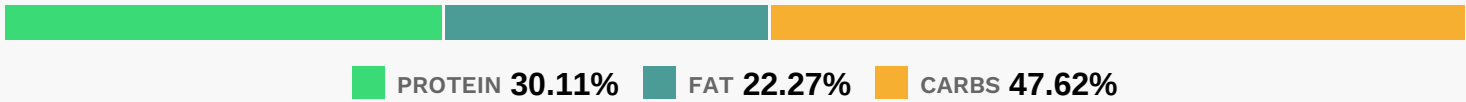
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ If using bamboo skewers, soak in water for 30 minutes.
- ☐ Meanwhile, heat gas or charcoal grill.
- ☐ Place swordfish pieces in large bowl.
- ☐ Add 1/2 cup sweet-and-sour sauce; turn fish to coat all sides.
- ☐ Add zucchini, bell pepper and tomatoes; stir gently to coat.
- ☐ Thread fish, zucchini, bell pepper and tomatoes evenly onto skewers.
- ☐ When grill is heated, place kabobs on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 10 minutes or until fish flakes easily with fork, turning once.
- ☐ Serve kabobs with additional sweet-and-sour sauce.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:27.557826332424%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 333.16kcal (16.66%), Fat: 8.01g (12.33%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 36.5g (13.27%), Sugar: 29.86g (33.17%), Cholesterol: 74.84mg (24.95%), Sodium: 710.9mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Vitamin D: 15.76µg (105.08%), Selenium: 65.64µg (93.76%), Vitamin C: 70.16mg (85.04%), Vitamin B3: 9.87mg (49.36%), Vitamin B6: 0.91mg (45.62%), Phosphorus: 351.99mg (35.2%), Vitamin B12: 1.93µg (32.13%), Vitamin A: 1575.29IU (31.51%), Potassium: 931.53mg (26.62%), Vitamin E: 3.24mg (21.57%), Magnesium: 59.83mg (14.96%), Manganese: 0.29mg (14.31%),

Folate: 47.76µg (11.94%), Vitamin B2: 0.19mg (11.27%), Vitamin B1: 0.17mg (11.21%), Fiber: 2.05g (8.2%), Zinc: 1.23mg (8.17%), Vitamin B5: 0.77mg (7.73%), Iron: 1.35mg (7.53%), Copper: 0.15mg (7.45%), Vitamin K: 7.57µg (7.21%), Calcium: 30.44mg (3.04%)