



Swordfish

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black crushed
- 1 tablespoon sesame seed black
- 1 tablespoon garlic minced
- 1 tablespoon peppercorns green crushed
- 0.3 cup juice of lemon
- 0.3 cup olive oil extra-virgin
- 0.3 cup peanut butter
- 1 tablespoon peppercorns red crushed

- 2 tablespoons soy beans chopped
- 4 swordfish steaks
- 1 tablespoon sesame seed white
- 0.5 cup white wine

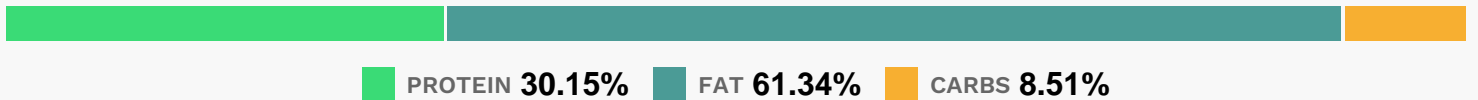
Equipment

- bowl
- knife
- grill

Directions

- Combine all ingredients, except swordfish, in a bowl and mix together well. Set aside.
- Preheat a grill to medium-high, using mesquite wood.
- Place swordfish on grill and quickly sear. Dredge swordfish in the white wine mixture and then return to the grill. Cook until desired doneness; fish should be opaque and a knife should slide in easily.
- Remove fish from the heat and serve with fresh vegetables and a starch of choice.

Nutrition Facts



Properties

Glycemic Index:52.2, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:31.915652129961%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 540.8kcal (27.04%), Fat: 35.9g (55.24%), Saturated Fat: 6.67g (41.67%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 8.16g (2.97%), Sugar: 2.65g (2.95%), Cholesterol: 112.2mg (37.4%), Sodium: 304.3mg (13.23%), Alcohol: 3.09g (100%), Alcohol %: 1.47% (100%), Protein: 39.71g (79.42%), Vitamin D: 23.63µg (157.53%), Selenium: 100.73µg (143.9%), Vitamin B3: 15.66mg (78.32%), Manganese: 1.12mg (56.12%), Vitamin B6: 1.11mg (55.25%), Phosphorus: 549.02mg (54.9%), Vitamin B12: 2.89µg (48.17%), Vitamin E: 6.96mg (46.4%), Potassium: 969.95mg (27.71%), Magnesium: 109.91mg (27.48%), Copper: 0.4mg (20.18%), Vitamin K: 18.1µg (17.24%), Iron: 2.58mg (14.31%), Vitamin B1: 0.21mg (13.83%), Zinc: 2.05mg (13.69%), Fiber: 3.04g (12.17%), Vitamin B2: 0.17mg (9.99%), Calcium: 92.46mg (9.25%), Vitamin B5: 0.9mg (8.97%), Vitamin C: 6.65mg (8.06%), Folate: 29.4µg (7.35%), Vitamin A: 233.47IU (4.67%)