



HEALTH SCORE

69%

Swordfish



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 15 ounce canned tomatoes diced undrained canned
- ☐ 4 ounces cremini mushrooms sliced
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 ounces pasta uncooked

- ☐ 12 ounce marinated artichoke hearts drained
- ☐ 2 tablespoons olive oil divided
- ☐ 2 servings salt
- ☐ 12 ounce swordfish steaks

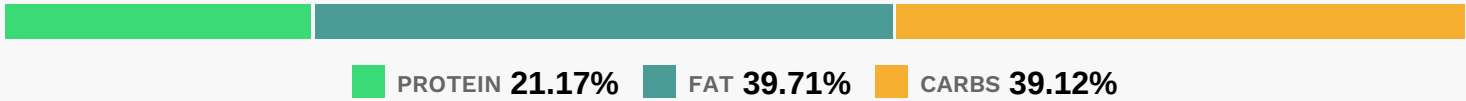
Equipment

- ☐ frying pan

Directions

- ☐ Prepare linguine according to package directions.
- ☐ Meanwhile, sprinkle swordfish steaks with salt and pepper, and dredge in flour.
- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat. Cook fish 4 to 5 minutes on each side or until done.
- ☐ Remove from skillet, cover, and keep warm.
- ☐ Saut garlic in remaining 1 tablespoon oil 1 minute.
- ☐ Add mushrooms and wine; cook 3 to 5 minutes or until mushrooms are tender. Stir in artichoke hearts and remaining ingredients.
- ☐ Serve immediately over drained pasta.
- ☐ Wine Note: Artichokes have a reputation for being difficult to match with wine, but this is a good opportunity to try a different grape. Pair Wild Horse Viognier with this and other rich seafood dishes.

Nutrition Facts



Properties

Glycemic Index:151, Glycemic Load:38.99, Inflammation Score:-10, Nutrition Score:49.983043836511%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 977.9kcal (48.9%), Fat: 42.47g (65.33%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 94.13g (31.38%), Net Carbohydrates: 83.57g (30.39%), Sugar: 13.81g (15.34%), Cholesterol: 112.26mg (37.42%), Sodium: 1267.67mg (55.12%), Alcohol: 1.54g (100%), Alcohol %: 0.27% (100%), Protein: 50.94g (101.89%), Selenium: 160.53µg (229.33%), Vitamin D: 23.7µg (158%), Vitamin B3: 20.82mg (104.09%), Vitamin B6: 1.45mg (72.36%), Phosphorus: 719.3mg (71.93%), Vitamin C: 56.58mg (68.58%), Manganese: 1.33mg (66.26%), Vitamin E: 8.22mg (54.77%), Potassium: 1777.96mg (50.8%), Vitamin A: 2468.54IU (49.37%), Vitamin B12: 2.95µg (49.14%), Copper: 0.97mg (48.33%), Vitamin B1: 0.64mg (42.99%), Fiber: 10.56g (42.24%), Iron: 7.29mg (40.52%), Vitamin B2: 0.67mg (39.66%), Magnesium: 137.59mg (34.4%), Folate: 114.23µg (28.56%), Vitamin K: 28.59µg (27.23%), Vitamin B5: 2.45mg (24.48%), Zinc: 3.41mg (22.73%), Calcium: 152.64mg (15.26%)