



Swordfish and Spaghetti with Citrus Pesto

READY IN



35 min.

SERVINGS



4

CALORIES



1055 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 bunch basil fresh
- ☐ 1 clove garlic
- ☐ 1 lemon zest grated juiced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 orange zest grated juiced
- ☐ 1 cup parmesan grated
- ☐ 0.5 cup pinenuts toasted

- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound spaghetti pasta recommended: Barilla
- ☐ 24 ounce swordfish steaks

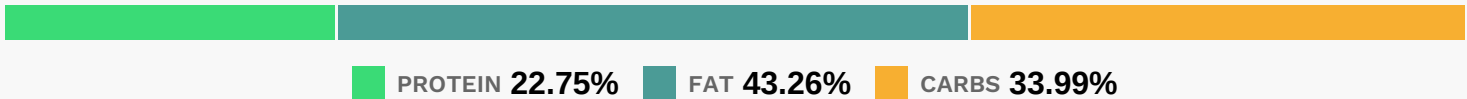
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta and reserve 1/2 cup of the pasta liquid.
- ☐ Blend the basil, pine nuts, garlic, zests, juices, salt, and pepper in a food processor until the mixture is finely chopped. With the machine running, gradually add the olive oil until the mixture is smooth and creamy.
- ☐ Transfer to a bowl and stir in the Parmesan. Toss with the warm spaghetti and the reserved pasta water.
- ☐ Meanwhile, place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Brush both sides of the swordfish fillets with olive oil and season with salt and pepper. Grill the swordfish 3 to 4 minutes a side for a 1-inch thick fillet.
- ☐ Transfer the pasta to a serving platter and top with the grilled swordfish fillets and serve.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:34.38, Inflammation Score:-8, Nutrition Score:41.364347913991%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1054.78kcal (52.74%), Fat: 50.46g (77.63%), Saturated Fat: 10.65g (66.58%), Carbohydrates: 89.21g (29.74%), Net Carbohydrates: 84.34g (30.67%), Sugar: 3.91g (4.35%), Cholesterol: 129.26mg (43.09%), Sodium: 836.95mg (36.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.69g (119.38%), Selenium: 175.22µg (250.31%), Vitamin D: 23.77µg (158.46%), Manganese: 2.63mg (131.49%), Phosphorus: 922.23mg (92.22%), Vitamin B3: 16mg (79.98%), Vitamin B6: 1.14mg (57.23%), Vitamin E: 8.02mg (53.43%), Vitamin B12: 3.19µg (53.19%), Magnesium: 165.74mg (41.44%), Calcium: 344.68mg (34.47%), Copper: 0.64mg (32.19%), Potassium: 1110.2mg (31.72%), Zinc: 4.54mg (30.26%), Vitamin K: 30.37µg (28.92%), Vitamin B1: 0.31mg (20.52%), Iron: 3.52mg (19.53%), Fiber: 4.87g (19.47%), Vitamin B2: 0.29mg (16.85%), Vitamin B5: 1.28mg (12.83%), Vitamin A: 525.09IU (10.5%), Folate: 33.84µg (8.46%), Vitamin C: 6.74mg (8.17%)