



Swordfish Kabobs with Red Pepper Pesto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2.5 teaspoons garlic divided minced
- ☐ 0.5 teaspoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 large bell pepper sweet red
- ☐ 0.1 teaspoon salt

- ☐ 8 ounce swordfish steak

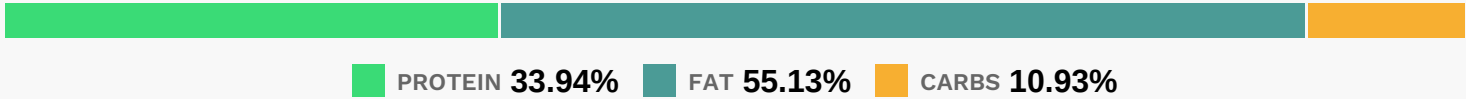
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine wine, 2 teaspoons garlic, and oregano in a small bowl, stirring well.
- ☐ Cut swordfish steak into 1 1/4-inch cubes; add to wine mixture. Cover and marinate in refrigerator 1 hour.
- ☐ Cut pepper in half lengthwise; remove and discard seeds and membrane.
- ☐ Place pepper, skin side up, on a baking sheet; flatten with palm of hand. Broil 5 1/2 inches from heat (with electric oven door partially opened) 15 to 20 minutes or until charred.
- ☐ Place pepper in ice water until cool.
- ☐ Remove from water; peel and discard skin.
- ☐ Position knife blade in food processor bowl; add roasted red pepper, remaining 1/2 teaspoon garlic, basil, and next 3 ingredients. Process until smooth.
- ☐ Transfer mixture to a small saucepan. Cook over medium heat until thoroughly heated.
- ☐ Remove from heat; set aside, and keep warm.
- ☐ Remove swordfish from marinade, reserving marinade. Thread fish onto 2 (10-inch) skewers. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place kabobs on rack; grill, uncovered, 4 to 5 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with marinade.
- ☐ Serve kabobs with red pepper mixture.

Nutrition Facts



Properties

Glycemic Index:101, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:22.040000138075%

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 Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 289.23kcal (14.46%), Fat: 17.35g (26.7%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 5.49g (1.99%), Sugar: 4.05g (4.5%), Cholesterol: 69.17mg (23.06%), Sodium: 209.9mg (9.13%), Alcohol: 1.54g (100%), Alcohol %: 0.89% (100%), Protein: 24.04g (48.08%), Vitamin C: 106.51mg (129.11%), Vitamin A: 2707.28IU (54.15%), Zinc: 6.13mg (40.86%), Selenium: 28.35µg (40.5%), Vitamin B6: 0.76mg (37.93%), Vitamin B3: 6.46mg (32.31%), Vitamin B12: 1.88µg (31.37%), Vitamin B2: 0.35mg (20.82%), Vitamin K: 20.96µg (19.96%), Phosphorus: 196.13mg (19.61%), Iron: 2.86mg (15.91%), Potassium: 523.95mg (14.97%), Manganese: 0.25mg (12.43%), Folate: 45.11µg (11.28%), Vitamin E: 1.64mg (10.94%), Vitamin B1: 0.15mg (10.32%), Magnesium: 40.37mg (10.09%), Fiber: 2.26g (9.03%), Copper: 0.13mg (6.45%), Calcium: 42.1mg (4.21%), Vitamin B5: 0.3mg (3.02%)