

Swordfish Kebabs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 1 pint cherry tomatoes
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon fresh (2 lemons)
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon paprika
- ☐ 4 poblano chiles seeded cut into 1-inch pieces
- ☐ 1 teaspoon salt
- ☐ 1 pound equal sizes of swordfish cut into (1/2-inch) cubes

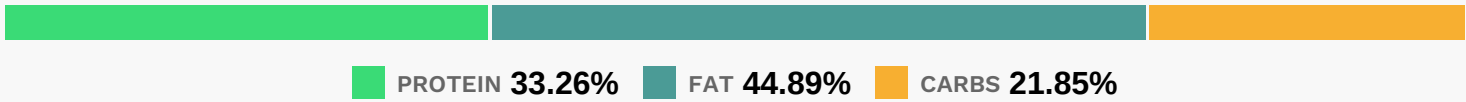
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Place first 9 ingredients in a food processor; process until smooth.
- ☐ Combine the marinade and swordfish in a bowl. Cover and refrigerate 30 minutes.
- ☐ Remove fish from bowl, reserving marinade. Thread fish, cherry tomatoes, and poblano chiles alternately onto each of 8 (12-inch) skewers.
- ☐ Place kebabs on grill rack coated with cooking spray. Cook 10 minutes or until fish flakes easily when tested with a fork, turning and basting frequently with the reserved marinade.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:30.938260866248%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg, Luteolin: 5.63mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

Nutrients (% of daily need)

Calories: 297.62kcal (14.88%), Fat: 15.17g (23.34%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 12.59g (4.58%), Sugar: 7.98g (8.86%), Cholesterol: 74.84mg (24.95%), Sodium: 695.38mg (30.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.3g (50.59%), Vitamin C: 132.18mg (160.21%), Vitamin D: 15.76µg (105.08%), Selenium: 66.29µg (94.7%), Vitamin B6: 1.07mg (53.63%), Vitamin B3: 10.17mg (50.84%), Phosphorus: 367.28mg (36.73%), Vitamin B12: 1.93µg (32.13%), Vitamin E: 4.65mg (31%), Potassium: 1052.54mg (30.07%), Vitamin A: 1449.42IU (28.99%), Manganese: 0.47mg (23.36%), Vitamin K: 18.1µg (17.24%), Magnesium: 64.71mg (16.18%), Fiber: 4.03g (16.11%), Vitamin B1: 0.23mg (15.15%), Iron: 2.33mg (12.93%), Copper: 0.25mg (12.62%), Folate: 40.68µg (10.17%), Vitamin B2: 0.14mg (8.51%), Zinc: 1.23mg (8.18%), Vitamin B5: 0.77mg (7.7%), Calcium: 53.4mg (5.34%)