



Swordfish Kebabs with Orange Basil Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups basil leaves
- ☐ 2 garlic cloves peeled
- ☐ 2 tablespoons olive oil
- ☐ 1 cranberry-orange relish
- ☐ 1.5 pounds equal sizes of swordfish cut into (1-inch) pieces
- ☐ 5 the ingredients
- ☐ 5 the ingredients

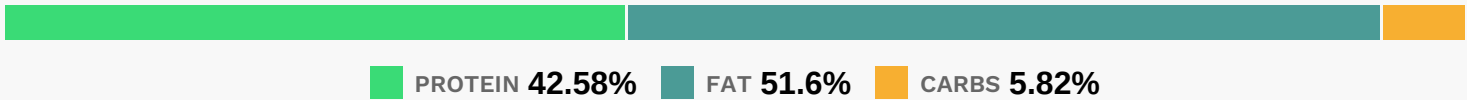
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Combine orange juice, basil leaves, olive oil, and garlic cloves in a mini chopper; add 1/4 teaspoon salt. Process basil leaf mixture until finely chopped.
- ☐ Sprinkle 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper evenly over fish; thread fish onto 4 (12-inch) skewers. Grill fish 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness, turning occasionally.
- ☐ Drizzle fish with sauce, or serve sauce separately.
- ☐ Garnish sauce with orange rind, if desired.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:1.54, Inflammation Score:-8, Nutrition Score:27.893478331359%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 327.21kcal (16.36%), Fat: 18.44g (28.36%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.67g (1.33%), Sugar: 3.11g (3.46%), Cholesterol: 112.26mg (37.42%), Sodium: 138.65mg (6.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.44%), Vitamin D: 23.64µg (157.62%), Selenium: 98.05µg (140.07%), Vitamin B3: 13.41mg (67.05%), Vitamin K: 54.21µg (51.63%), Vitamin B6: 0.98mg (49.02%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 447.35mg (44.73%), Vitamin E: 4.6mg (30.67%), Vitamin C: 20.05mg (24.3%), Potassium: 811.77mg (23.19%), Vitamin A: 910.94IU (18.22%), Magnesium: 60.66mg (15.16%), Vitamin B1: 0.16mg (10.88%), Manganese: 0.19mg (9.49%), Zinc: 1.26mg (8.4%), Vitamin B5: 0.71mg (7.11%), Vitamin B2: 0.11mg (6.71%), Copper: 0.13mg (6.59%), Iron: 1.12mg (6.25%), Folate: 21.43µg (5.36%), Calcium: 45.63mg (4.56%), Fiber: 1.01g (4.04%)