

food
network



HEALTH SCORE

59%

Swordfish Panini with Arugula and Lemon Aioli



Dairy Free



Very Healthy

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**1023 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 loaf focaccia bread
- ☐ 1 clove garlic minced
- ☐ 2 cloves garlic minced
- ☐ 2 cups arugula greens fresh
- ☐ 1 tablespoon herbs de provence
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 lemon zest
- ☐ 0.7 cup mayonnaise
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 24 ounce equal sizes of swordfish

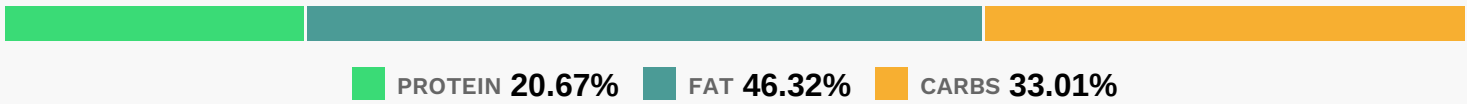
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix together all the ingredients in a small bowl. Set aside.
- ☐ Warm the olive oil in a large, heavy skillet over medium-high heat. While the pan heats, season the fish with salt and pepper. Rub the herbs de Provence and minced garlic all over the fish. Cook the fish in the skillet until just cooked through and golden, about 2 to 3 minutes per side, depending on the thickness of the fish.
- ☐ Cut the bread into 4 sandwiches that will accommodate the size of the fish fillet.
- ☐ Cut the bread in half to make a top and bottom for the sandwich.
- ☐ Spread the Lemon Aioli on both halves of the sandwich. Top the bottom half with a handful (about 1/2 cup) of arugula greens. Top the arugula greens with the cooked swordfish, and top the sandwich with the remaining bread.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.17, Glycemic Load:43.73, Inflammation Score:-8, Nutrition Score:46.67434754579%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1023.25kcal (51.16%), Fat: 52.32g (80.49%), Saturated Fat: 9.04g (56.5%), Carbohydrates: 83.89g (27.96%), Net Carbohydrates: 76.44g (27.8%), Sugar: 10.25g (11.38%), Cholesterol: 127.94mg (42.65%), Sodium: 1330.74mg (57.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.55g (105.09%), Selenium: 147.93µg (211.33%), Vitamin D: 23.72µg (158.12%), Vitamin B3: 22.89mg (114.47%), Manganese: 2.22mg (111.17%), Vitamin K: 90.07µg (85.78%), Phosphorus: 675.28mg (67.53%), Vitamin B6: 1.17mg (58.57%), Vitamin B1: 0.85mg (56.57%), Vitamin B12: 2.94µg (48.94%), Iron: 8.32mg (46.2%), Folate: 161.71µg (40.43%), Vitamin E: 5.83mg (38.89%), Vitamin B2: 0.54mg (32.05%), Magnesium: 125.43mg (31.36%), Fiber: 7.46g (29.82%), Potassium: 1022.93mg (29.23%), Calcium: 253.16mg (25.32%), Vitamin B5: 2.11mg (21.09%), Zinc: 3.09mg (20.58%), Copper: 0.36mg (17.8%), Vitamin C: 11.02mg (13.36%), Vitamin A: 499.62IU (9.99%)