



Swordfish Skewers with Cilantro-Mint Pesto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 cherry tomatoes
- ☐ 1 cup cilantro leaves fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons green onions chopped
- ☐ 1 tablespoon juice of lime fresh

- ☐ 2 teaspoons lime rind grated
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 tablespoons orange juice fresh
- ☐ 3 tablespoons orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 1.5 pounds swordfish fillets cut into (1 1/4-inch) cubes

Equipment

- ☐ food processor
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ To prepare pesto, combine first 8 ingredients in a food processor; process until smooth.
- ☐ Let stand 30 minutes.
- ☐ Prepare grill to medium-high heat.
- ☐ To prepare skewers, combine lime rind and next 5 ingredients (through 2 garlic cloves) in a large zip-top plastic bag.
- ☐ Add fish to bag; seal. Marinate in refrigerator for 30 minutes, turning bag once.
- ☐ Remove fish from bag; discard marinade. Thread fish and tomatoes alternately onto each of 8 (8-inch) skewers; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 6 minutes or until desired degree of doneness, turning every 2 minutes.
- ☐ Serve with pesto.

Nutrition Facts



 **PROTEIN 45.88%**  **FAT 39.92%**  **CARBS 14.2%**

Properties

Glycemic Index:90.52, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:29.780869318091%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 3.88mg, Hesperetin: 3.88mg, Hesperetin: 3.88mg, Hesperetin: 3.88mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 309.45kcal (15.47%), Fat: 13.57g (20.88%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 9.3g (3.38%), Sugar: 6.53g (7.25%), Cholesterol: 112.26mg (37.42%), Sodium: 299.19mg (13.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.19%), Vitamin D: 23.64µg (157.62%), Selenium: 98.57µg (140.82%), Vitamin B3: 14.01mg (70.06%), Vitamin B6: 1.06mg (52.94%), Vitamin C: 40.11mg (48.62%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 477.51mg (47.75%), Potassium: 1054.23mg (30.12%), Vitamin E: 4.43mg (29.57%), Vitamin A: 1289.54IU (25.79%), Vitamin K: 23.13µg (22.03%), Magnesium: 68.24mg (17.06%), Manganese: 0.27mg (13.58%), Vitamin B1: 0.2mg (13.26%), Iron: 1.86mg (10.34%), Copper: 0.19mg (9.65%), Zinc: 1.4mg (9.36%), Vitamin B2: 0.15mg (8.65%), Folate: 34.54µg (8.64%), Vitamin B5: 0.84mg (8.36%), Fiber: 1.57g (6.29%), Calcium: 46.99mg (4.7%)