



Swordfish Steaks with Arugula and Basil Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula coarsely chopped
- ☐ 7 basil leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra-virgin

☐

24 ounce swordfish steaks

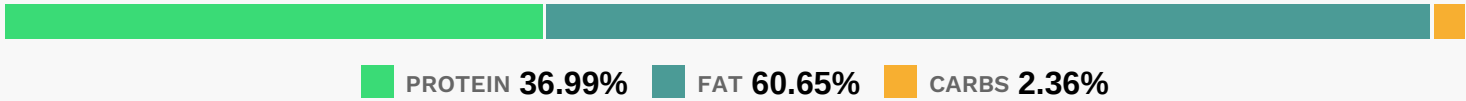
Equipment

- ☐ bowl
- ☐ grill pan

Directions

- ☐ Wash and pat dry the swordfish steaks; season each with salt and pepper; completely coat each steak with olive oil.
- ☐ Heat a grill pan over medium heat; cook the steaks in the grill pan for 15 minutes, turning twice.
- ☐ While the steaks cook, stir together the garlic, parsley, basil, arugula, and lemon juice in a bowl until evenly coated; spoon over the cooked steaks to serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:27.898695686589%

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 Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.88mg, Kaempferol: 9.88mg, Kaempferol: 9.88mg, Kaempferol: 9.88mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 376kcal (18.8%), Fat: 25.04g (38.52%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.79g (0.88%), Cholesterol: 112.26mg (37.42%), Sodium: 146.61mg (6.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.35g (68.71%), Vitamin D: 23.64µg (157.62%), Selenium: 97.95µg (139.93%), Vitamin B3: 13.32mg (66.62%), Vitamin K: 58.58µg (55.79%), Vitamin B6: 0.97mg (48.43%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 452.46mg (45.25%), Vitamin E: 5.53mg (36.85%), Potassium: 838.06mg

(23.94%), Vitamin A: 996.79IU (19.94%), Magnesium: 64.55mg (16.14%), Vitamin C: 9.06mg (10.99%), Vitamin B1: 0.15mg (9.73%), Zinc: 1.29mg (8.63%), Folate: 34.36µg (8.59%), Manganese: 0.16mg (7.89%), Vitamin B5: 0.74mg (7.44%), Iron: 1.26mg (7%), Vitamin B2: 0.12mg (6.99%), Calcium: 60.07mg (6.01%), Copper: 0.1mg (4.95%), Fiber: 0.58g (2.3%)