



Swordfish With Citrus Pesto

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 cups basil fresh stemmed
- 1 clove garlic
- 1 lemon zest juiced
- 0.5 cup olive oil extra-virgin
- 4 servings olive oil extra-virgin
- 1 orange zest juiced
- 1 cup parmesan grated

- 0.5 cup pinenuts toasted
- 0.5 teaspoon salt
- 4 servings salt and pepper black freshly ground
- 24 ounce swordfish steaks

Equipment

- food processor
- bowl
- grill
- grill pan

Directions

- Watch how to make this recipe.
- Blend the basil, pine nuts, garlic, zests, juices, salt, and pepper in a food processor until the mixture is finely chopped. With the machine running, gradually add the olive oil until the mixture is smooth and creamy.
- Transfer to a bowl and stir in the Parmesan.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- Brush both sides of the swordfish fillets with olive oil and season with salt and pepper. Grill the swordfish about 3 to 4 minutes on each side for a 1-inch thick fillet.
- Transfer the grilled swordfish to serving plates, top with the citrus pesto, and serve.

Nutrition Facts



PROTEIN 28.33% **FAT 68.58%** **CARBS 3.09%**

Properties

Glycemic Index:47.75, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:39.599999738776%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 637.76kcal (31.89%), Fat: 48.85g (75.16%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.93g (1.04%), Cholesterol: 129.26mg (43.09%), Sodium: 830.79mg (36.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.41g (90.82%), Vitamin D: 23.77µg (158.46%), Selenium: 103.6µg (148%), Vitamin K: 96.66µg (92.05%), Manganese: 1.77mg (88.68%), Phosphorus: 716.87mg (71.69%), Vitamin B3: 14.21mg (71.06%), Vitamin E: 8.02mg (53.46%), Vitamin B12: 3.19µg (53.19%), Vitamin B6: 1.01mg (50.42%), Calcium: 349.19mg (34.92%), Magnesium: 115.88mg (28.97%), Vitamin A: 1369.09IU (27.38%), Potassium: 904.52mg (25.84%), Zinc: 3.07mg (20.46%), Copper: 0.38mg (18.88%), Iron: 2.55mg (14.16%), Vitamin B1: 0.21mg (14.08%), Vitamin B2: 0.23mg (13.56%), Vitamin C: 9.62mg (11.67%), Vitamin B5: 0.83mg (8.28%), Folate: 24.31µg (6.08%), Fiber: 1.49g (5.97%)