



Swordfish with Lemony Red Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 2 cups basic marinara
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce swordfish steaks thick ()

Equipment

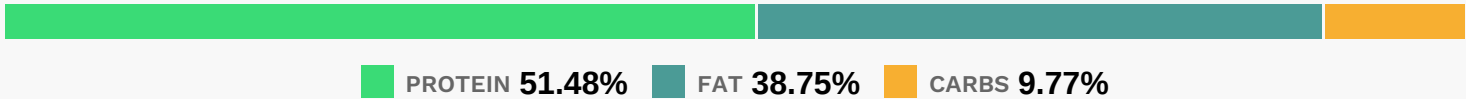
- ☐ bowl
- ☐ frying pan

☐ microwave

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle fish evenly with salt and pepper.
- ☐ Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Combine Basic Marinara and rind in a microwave-safe bowl; microwave at HIGH 3 minutes or until thoroughly heated.
- ☐ Serve with fish and lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:26.658260936322%

Nutrients (% of daily need)

Calories: 274.77kcal (13.74%), Fat: 11.68g (17.98%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 4.73g (1.72%), Sugar: 4.37g (4.86%), Cholesterol: 112.26mg (37.42%), Sodium: 863.81mg (37.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.86%), Vitamin D: 23.64µg (157.62%), Selenium: 98.38µg (140.54%), Vitamin B3: 14.42mg (72.08%), Vitamin B6: 1.04mg (52.22%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 467.05mg (46.71%), Vitamin E: 5.2mg (34.68%), Potassium: 1076.92mg (30.77%), Magnesium: 67.96mg (16.99%), Vitamin A: 735.35IU (14.71%), Vitamin C: 8.9mg (10.78%), Vitamin B1: 0.16mg (10.48%), Copper: 0.21mg (10.46%), Iron: 1.84mg (10.21%), Vitamin B2: 0.17mg (10.01%), Vitamin B5: 0.98mg (9.76%), Zinc: 1.39mg (9.3%), Manganese: 0.17mg (8.31%), Fiber: 1.9g (7.58%), Vitamin K: 3.8µg (3.62%), Folate: 14.48µg (3.62%), Calcium: 26.63mg (2.66%)