



Teriyaki Swordfish Kabobs



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup teriyaki sauce
- ☐ 0.3 cup orange marmalade
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pound fish fillet firm cut into 24 one-inch pieces
- ☐ 1 large cranberry-orange relish unpeeled cut into 8 wedges
- ☐ 1 large bell pepper green red cut into 24 chunks

Equipment

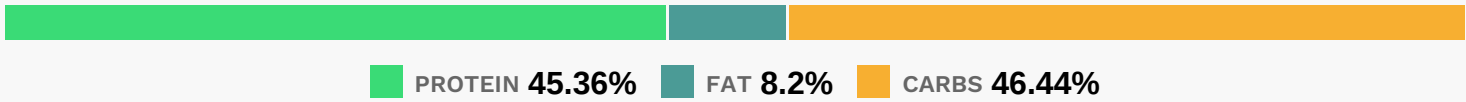
- ☐ oven

- ☐ broiler pan
- ☐ metal skewers

Directions

- ☐ Set oven control to broil.
- ☐ Mix teriyaki marinade, marmalade and ginger.
- ☐ Thread fish pieces, orange wedges and bell pepper chunks alternately on each of four 15-inch metal skewers, leaving space between each.
- ☐ Place kabobs on rack in broiler pan.
- ☐ Brush with sauce.
- ☐ Broil with tops about 4 inches from heat 10 to 12 minutes, turning once and brushing with sauce, until fish flakes easily with fork. Discard any remaining sauce.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:16.947391489278%

Flavonoids

Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 220.76kcal (11.04%), Fat: 2.07g (3.19%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 24.37g (8.86%), Sugar: 22.37g (24.85%), Cholesterol: 56.7mg (18.9%), Sodium: 1450.26mg (63.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.55%), Vitamin C: 58.4mg (70.79%), Selenium: 48.29µg (68.98%), Vitamin B12: 1.79µg (29.86%), Phosphorus: 264.08mg (26.41%), Vitamin B3: 5.24mg (26.22%), Vitamin D: 3.52µg (23.44%), Vitamin B6: 0.34mg (17.23%), Potassium: 589.17mg (16.83%), Magnesium: 62.21mg (15.55%), Folate: 49.83µg (12.46%), Manganese: 0.19mg (9.54%), Copper: 0.19mg (9.4%), Iron: 1.51mg (8.4%), Vitamin B1: 0.12mg (8.12%), Fiber: 2.01g (8.05%), Vitamin B5: 0.78mg (7.84%), Vitamin B2: 0.13mg (7.76%), Vitamin A: 267.67IU (5.35%), Calcium: 50.72mg (5.07%), Vitamin E: 0.7mg (4.67%), Vitamin K: 4.62µg (4.4%), Zinc:

0.51mg (3.42%)