



Zesty Swordfish Kabobs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 5 garlic cloves chopped
- ☐ 0.8 cup green onions sliced (2-inch)
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 1 inch bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds swordfish steaks cut into 1-inch pieces

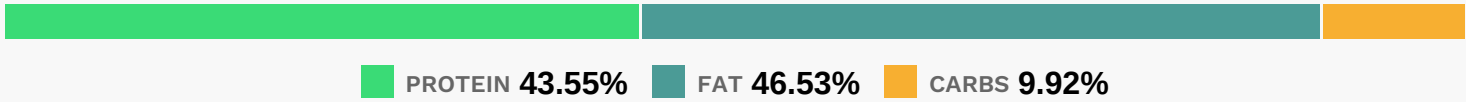
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine first 12 ingredients in a large zip-top plastic bag; add fish. Seal and marinate in refrigerator 30 minutes, turning once.
- ☐ Prepare grill.
- ☐ Remove fish from bag; discard marinade. Thread fish, green onions, and bell pepper alternately onto each of 4 (10-inch) skewers.
- ☐ Place on grill rack coated with cooking spray; grill 8 minutes or until desired degree of doneness, turning once.

Nutrition Facts



Properties

Glycemic Index:61.32, Glycemic Load:2.4, Inflammation Score:-7, Nutrition Score:27.101304365241%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg,

Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 327.84kcal (16.39%), Fat: 16.75g (25.77%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 6.89g (2.5%), Sugar: 4.05g (4.5%), Cholesterol: 112.26mg (37.42%), Sodium: 864.96mg (37.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.55%), Vitamin D: 23.64µg (157.62%), Selenium: 98.41µg (140.59%), Vitamin B3: 13.52mg (67.62%), Vitamin B6: 1.02mg (50.87%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 469.39mg (46.94%), Vitamin K: 42.45µg (40.43%), Vitamin E: 4.38mg (29.19%), Potassium: 854.47mg (24.41%), Vitamin C: 14.09mg (17.08%), Magnesium: 65.15mg (16.29%), Vitamin B1: 0.16mg (10.59%), Manganese: 0.19mg (9.74%), Zinc: 1.37mg (9.12%), Vitamin A: 455.1IU (9.1%), Vitamin B2: 0.15mg (8.61%), Iron: 1.32mg (7.31%), Vitamin B5: 0.71mg (7.13%), Folate: 25.59µg (6.4%), Copper: 0.11mg (5.59%), Fiber: 1.15g (4.6%), Calcium: 41.22mg (4.12%)