

Grilled Swordfish

Diabetes Friendly

Makes: 4 Servings

Ingredients:

- 4 swordfish steaks 4-6 ounces each
- 3 tablespoons olive oil
- ½ teaspoon coriander
- ½ teaspoon garlic
- 1/2 teaspoon lime zest
- 3/4 teaspoon minced garlic
- Salt and pepper to taste
- lemon wedges for serving.

Directions:

1. Place the olive oil, coriander, garlic and lime zest in a bowl. Whisk to thoroughly combine.
2. Reserve 1 tablespoon of the marinade for later use. Add the garlic to the marinade and stir.
3. Add the swordfish to the marinade.
4. Cover the bowl and let marinade for at least 15 minutes.
5. Remove the swordfish from the marinade and scrape off any excess bits of herbs or garlic (otherwise they could burn on the grill!).
6. Preheat an outdoor grill or indoor grill pan over medium high heat. Add the swordfish steaks and cook for 5-6 minutes on each side or until the swordfish is opaque throughout.
7. Brush the reserved marinade over the fish, then serve immediately, with lime wedges if desired.

Grilled Swordfish		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	274.6	
% Daily Value*		
Total Fat	18.6 g	24 %
Saturated Fat	3.4 g	17 %
Trans Fat	0.1 g	
Cholesterol	82.7 mg	28 %
Sodium	103.4 mg	4 %
Total Carbohydrate	0.6 g	0 %
Dietary Fiber	0.1 g	0 %
Total Sugars	0 g	
Added Sugars	0 g	0 %
Protein	25 g	
Vitamin D	17.6 mcg	88 %
Calcium	9.2 mg	1 %
Iron	0.6 mg	3 %
Potassium	538.6 mg	11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

