

Grilled Swordfish with Pink Peppercorn Sauce

*The Inn at Woodstock Hill - South Woodstock, CT
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*1 pound center-cut swordfish, skin removed and cut into four fillets
3 tablespoons lemon butter
salt (to taste)
freshly ground pepper (to taste)
olive oil
2 tablespoons butter
2 green onions, chopped
2 teaspoons garlic, chopped
1/2 teaspoon lemon pepper
1 teaspoon pink peppercorns
4 tablespoons Riesling white wine*

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Marinate the fillets in a mixture of lemon juice, salt, pepper and paprika for 30 minutes. Drain off any remaining marinade. Pat the fish dry and brush lightly with olive oil.

Place on a hot grill. Let the fish take on grill marks on both sides but do not cook through. Set the fish aside.

In a saute' pan, place the butter. Add the green onion, garlic, lemon pepper and pink peppercorns. Saute' briefly. Add the wine and bring to a boil. Place the swordfish in the sauce and let simmer for 3 minutes, basting constantly. Remove the fish.

Serve each fillet with 1/2 tablespoon of the sauce spooned over the top.

Per Serving (excluding unknown items): 60 Calories; 6g Fat (83.2% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 103mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	60	Vitamin B6 (mg):	trace
% Calories from Fat:	83.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	13.9%	Thiamin B1 (mg):	0mg
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	trace

Total Fat (g): 6g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 16mg
Carbohydrate (g): 2g
Dietary Fiber (g): 1g
Protein (g): trace
Sodium (mg): 103mg
Potassium (mg): 29mg
Calcium (mg): 14mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 246IU
Vitamin A (r.e.): 56 1/2RE

Folacin (mcg): 5mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 60 Calories from Fat: 50

% Daily Values*

Total Fat	6g		9%
	Saturated Fat	4g	18%
Cholesterol	16mg		5%
Sodium	103mg		4%
Total Carbohydrates	2g		1%
	Dietary Fiber	1g	2%
Protein	trace		
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Vitamin A			5%
Vitamin C			4%
Calcium			1%
Iron			2%

* Percent Daily Values are based on a 2000 calorie diet.