

New England Baked Swordfish

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

1 1/2 pounds swordfish steak, one-inch thick
milk or half-and-half
salt (to taste)
pepper (to taste)
2 tablespoons butter or margarine

Preheat the oven to 375 degrees.

Place the fish in a shallow casserole. Add the milk until it comes halfway up the fish. Season with salt and pepper and dot with butter.

Bake for 30 minutes, basting several times. (When done, the milk should be absorbed and the fish brown but moist.)

Per Serving (excluding unknown items): 257 Calories; 13g Fat (45.6% calories from fat); 34g Protein; trace Carbohydrate; 0g Dietary Fiber; 82mg Cholesterol; 212mg Sodium. Exchanges: 5 Lean Meat; 1 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	257
% Calories from Fat:	45.6%
% Calories from Carbohydrates:	0.0%
% Calories from Protein:	54.4%
Total Fat (g):	13g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	82mg
Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	34g
Sodium (mg):	212mg
Potassium (mg):	492mg

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	4mcg
Niacin (mg):	16mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5
Vegetable:	0
Fruit:	0

Calcium (mg): 9mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 419IU
Vitamin A (r.e.): 113RE

Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 257 **Calories from Fat:** 117

% Daily Values*

Total Fat	13g	19%
Saturated Fat	5g	27%
Cholesterol	82mg	27%
Sodium	212mg	9%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	34g	
Vitamin A		8%
Vitamin C		3%
Calcium		1%
Iron		8%

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