

Baked Swordfish

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

1 3/4 pounds swordfish (in one piece)
3/4 cup salad oil
1/2 clove garlic, mashed
2 scallions, minced
1/2 teaspoon dried oregano
salt (to taste)
pepper (to taste)

Preheat the oven to 350 degrees.

In a bowl, mix the salad oil, garlic, scallions, oregano, salt and pepper.

Place the fish in a shallow casserole dish. Pour the mixture over the fish. Let stand at room temperature for two hours or more.

Bake for 30 to 40 minutes or until the fish flakes easily.

Per Serving (excluding unknown items): 365 Calories; 41g Fat (99.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 8 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	365	Vitamin B6 (mg):	trace
% Calories from Fat:	99.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	41g	Folacin (mcg):	5mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	24g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	on on%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): 1mg
Potassium (mg): 25mg
Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 42IU
Vitamin A (r.e.): 4RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 365 Calories from Fat: 361

% Daily Values*

Total Fat	41g	63%
Saturated Fat	5g	24%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	1%

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