



Broiled Mahi-Mahi With Parsleyed Tomatoes

 Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce feta cheese crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 1 slices garnish: lemon
- ☐ 36 ounce mahi-mahi fillets
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions sliced
- ☐ 0.5 teaspoon pepper divided

- ☐ 0.5 teaspoon salt divided
- ☐ 1 tablespoon tomato paste
- ☐ 2 tomatoes seeded chopped
- ☐ 0.3 cup white wine

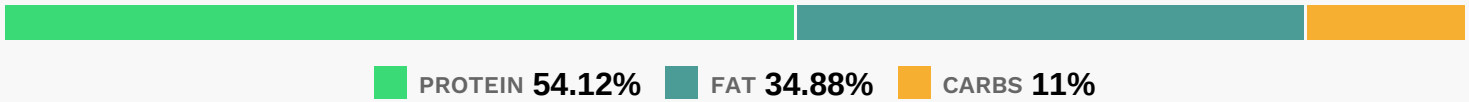
Equipment

- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Saut sliced onions in hot olive oil over medium-high heat 8 minutes or until tender.
- ☐ Add chopped tomatoes, next 4 ingredients, and 1/4 teaspoon each of salt and pepper. Simmer, stirring occasionally, 5 minutes. Set onion-and-tomato mixture aside.
- ☐ Place fish in a single layer on a lightly greased rack in an aluminum foil-lined broiler pan; sprinkle with remaining 1/4 teaspoon each of salt and pepper.
- ☐ Broil 5 inches from heat 8 minutes or until fish flakes with a fork.
- ☐ Spoon onion-and-tomato mixture evenly onto a platter; top with fish fillets.
- ☐ Sprinkle evenly with crumbled feta cheese, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:20.172608354817%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg,

Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 271.08kcal (13.55%), Fat: 10.08g (15.5%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.11g (3.45%), Cholesterol: 140.99mg (47%), Sodium: 585.08mg (25.44%), Alcohol: 1.03g (100%), Alcohol %: 0.45% (100%), Protein: 35.17g (70.34%), Selenium: 65.41µg (93.45%), Vitamin B3: 10.97mg (54.85%), Vitamin B6: 0.86mg (43.16%), Phosphorus: 334.17mg (33.42%), Vitamin K: 29.04µg (27.65%), Potassium: 919.47mg (26.27%), Vitamin B12: 1.34µg (22.33%), Vitamin B2: 0.3mg (17.93%), Vitamin A: 882.44IU (17.65%), Magnesium: 66.22mg (16.55%), Vitamin B5: 1.56mg (15.64%), Vitamin C: 11.62mg (14.08%), Iron: 2.49mg (13.83%), Calcium: 137.94mg (13.79%), Zinc: 1.52mg (10.11%), Manganese: 0.19mg (9.28%), Folate: 30.3µg (7.58%), Vitamin E: 1.06mg (7.09%), Vitamin B1: 0.1mg (6.74%), Copper: 0.13mg (6.61%), Fiber: 1.36g (5.46%)