

Caesar Mahimahi

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 6 garlic cloves crushed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons buttermilk low-fat
- ☐ 24 ounce mahimahi white firm
- ☐ 2 tablespoons parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 2 teaspoons worcestershire sauce

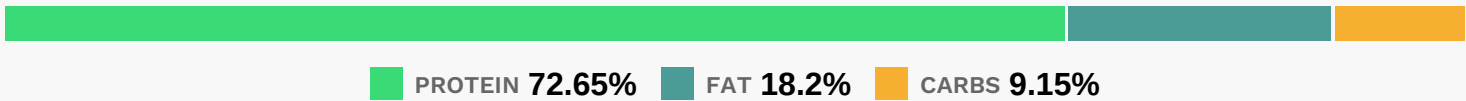
Equipment

- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 9 ingredients, and stir well with a whisk.
- ☐ Pour yogurt mixture into a large zip-top plastic bag, and add fish to bag. Seal and marinate in refrigerator 20 minutes.
- ☐ Prepare grill or broiler.
- ☐ Remove fish from bag, reserving marinade.
- ☐ Place fish on a grill rack or broiler pan coated with cooking spray, and cook 3 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:17.557391371416%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 204.96kcal (10.25%), Fat: 4.16g (6.4%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.4g (1.6%), Sugar: 2.13g (2.36%), Cholesterol: 90.38mg (30.13%), Sodium: 346.31mg (15.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.37g (74.75%), Selenium: 76.66µg (109.52%), Vitamin B12: 2.86µg (47.63%), Vitamin B3: 7.34mg (36.71%), Phosphorus: 356.82mg (35.68%), Vitamin D: 5.34µg (35.58%), Potassium: 642.04mg (18.34%), Vitamin B6: 0.36mg (17.83%), Magnesium: 56.58mg (14.15%), Folate: 45.73µg (11.43%), Vitamin B2: 0.19mg (10.98%), Vitamin B5: 1.03mg (10.32%), Calcium: 99.96mg (10%), Manganese: 0.18mg (8.83%), Copper: 0.17mg (8.35%), Iron: 1.43mg (7.96%), Vitamin B1: 0.1mg (6.85%), Zinc: 1.01mg (6.73%), Vitamin C: 4.92mg (5.97%), Vitamin E: 0.83mg (5.52%), Vitamin K: 3.19µg (3.04%), Fiber: 0.31g (1.24%)