



## Caribbean Mahimahi with Banana Chutney



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 banana peeled chopped
- ☐ 1 cup beans red canned rinsed drained
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 teaspoon thyme dried
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 pound mahi-mahi skinless cut into 4 pieces
- ☐ 2 tablespoons mango chutney

- ☐ 1 teaspoon olive oil
- ☐ 2 cups quick-cooking brown rice uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 spring onion finely chopped
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 0.5 cup water
- ☐ 2 cups water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

## Directions

- ☐ Preheat oven to 42
- ☐ Bring 2 cups water to a boil in a medium saucepan over medium-high heat. Reduce heat to low.
- ☐ Add rice and coconut; simmer, covered, 5 minutes. Turn off heat; stir in beans, and set aside.
- ☐ While rice cooks, combine salt, allspice, thyme, and cayenne pepper in a small bowl; set aside.
- ☐ Arrange fish in an 8-inch square glass baking dish.
- ☐ Drizzle oil over fish, and rub to ensure pieces are evenly coated.
- ☐ Sprinkle half of seasoning mixture over fish; turn fish over and coat with remaining seasoning.
- ☐ Add 1/2 cup water to pan and bake at 425 for 10 to 12 minutes or until fish flakes easily with a fork or until desired degree of doneness.
- ☐ While fish bakes, combine chutney, banana, scallions, and cilantro in a small bowl.
- ☐ Serve rice and bean mixture topped with fish and chutney.

## Nutrition Facts



 **PROTEIN 26.97%**  **FAT 9%**  **CARBS 64.03%**

## Properties

Glycemic Index:68.19, Glycemic Load:12.52, Inflammation Score:-7, Nutrition Score:21.74434805953%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 410.89kcal (20.54%), Fat: 4.09g (6.29%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 65.48g (21.83%), Net Carbohydrates: 59.98g (21.81%), Sugar: 14.93g (16.59%), Cholesterol: 82.78mg (27.59%), Sodium: 389.75mg (16.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.17%), Selenium: 59.55µg (85.08%), Vitamin B3: 10.62mg (53.08%), Manganese: 0.8mg (40.01%), Vitamin B6: 0.77mg (38.36%), Folate: 150.82µg (37.7%), Vitamin B1: 0.49mg (32.74%), Phosphorus: 281.79mg (28.18%), Iron: 4.97mg (27.64%), Potassium: 849.67mg (24.28%), Fiber: 5.5g (21.99%), Magnesium: 74.96mg (18.74%), Copper: 0.29mg (14.38%), Vitamin B5: 1.3mg (13.03%), Vitamin B12: 0.68µg (11.34%), Zinc: 1.58mg (10.52%), Vitamin B2: 0.18mg (10.39%), Vitamin K: 10.45µg (9.95%), Vitamin C: 7.13mg (8.65%), Vitamin A: 333.6IU (6.67%), Calcium: 53.79mg (5.38%), Vitamin E: 0.3mg (2.01%)