



Creamy Crab Pesto over Mahi Mahi

 **Gluten Free**

READY IN



25 min.

SERVINGS



2

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces crab meat fresh
- 1 pinch ground pepper white
- 1 teaspoon juice of lemon
- 8 ounce fillets mahi mahi
- 1.8 cups milk
- 0.3 cup olive oil divided
- 1 teaspoon oregano dried
- 1.2 ounce creamy pesto sauce mix

2 servings salt to taste

Equipment

frying pan

sauce pan

whisk

Directions

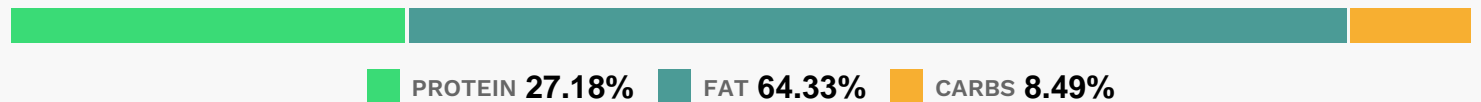
Heat a small amount of the olive oil in a non-stick skillet over medium heat. Season mahi mahi with oregano, salt, and white pepper; cook in skillet until the flesh flakes easily with a fork, 7 to 10 minutes per side.

While fish cooks, whisk remaining olive oil, milk, and creamy pesto sauce mix together in a saucepan over medium-low heat; cook, stirring regularly, until it begins to thicken, 3 to 5 minutes.

Remove saucepan from heat and stir crabmeat into the sauce.

Transfer cooked mahi mahi to plates and spoon sauce over the fish.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:3.8, Inflammation Score:-9, Nutrition Score:27.624782790308%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 580.12kcal (29.01%), Fat: 41.31g (63.55%), Saturated Fat: 9.07g (56.67%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 11.53g (4.19%), Sugar: 10.92g (12.13%), Cholesterol: 133.57mg (44.52%), Sodium: 1008.58mg (43.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.28g (78.55%), Vitamin B12: 6.94µg (115.6%),

Selenium: 66.14µg (94.48%), Phosphorus: 503.82mg (50.38%), Vitamin B3: 7.81mg (39.07%), Calcium: 349.86mg (34.99%), Vitamin B6: 0.68mg (34.03%), Zinc: 4.8mg (32%), Copper: 0.58mg (28.96%), Vitamin E: 4.18mg (27.87%), Potassium: 923.21mg (26.38%), Vitamin B2: 0.4mg (23.77%), Magnesium: 90.37mg (22.59%), Vitamin K: 23.11µg (22.01%), Vitamin B5: 1.86mg (18.58%), Vitamin A: 923.67IU (18.47%), Vitamin D: 2.35µg (15.66%), Iron: 2.25mg (12.51%), Vitamin B1: 0.17mg (11.27%), Folate: 33.5µg (8.37%), Vitamin C: 4.98mg (6.04%), Manganese: 0.1mg (5.02%), Fiber: 0.73g (2.92%)