

Curried Mahimahi

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup green onions sliced 1
- ☐ 16 ounce mahimahi fillets 3/
- ☐ 0.3 cup mango chutney hot
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons raisins
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons coconut or sweetened flaked
- ☐ 2 teaspoons vegetable oil
- ☐ 1 tablespoon water hot

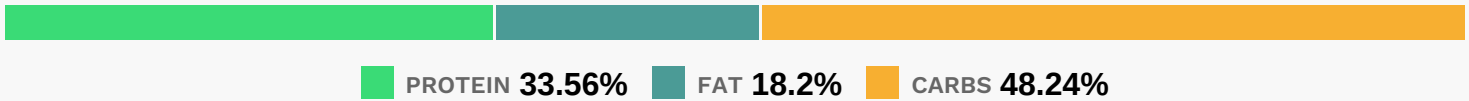
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a shallow bowl; dredge one side of each fillet in flour mixture.
- ☐ Heat oil in a nonstick skillet over medium-high heat until hot.
- ☐ Add fish, floured side down, and cook 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Combine chutney and next 3 ingredients.
- ☐ Serve fish immediately with chutney mixture.
- ☐ Sprinkle each serving with green onions.

Nutrition Facts



Properties

Glycemic Index:64.45, Glycemic Load:14.87, Inflammation Score:-4, Nutrition Score:12.101304365241%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 261.57kcal (13.08%), Fat: 5.28g (8.12%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 29.51g (10.73%), Sugar: 16.63g (18.47%), Cholesterol: 82.78mg (27.59%), Sodium: 278.87mg (12.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.76%), Selenium: 43.95µg (62.79%), Vitamin B3: 7.22mg (36.12%), Vitamin B6: 0.49mg (24.31%), Phosphorus: 186.74mg (18.67%), Potassium: 609.95mg (17.43%), Vitamin K: 17.68µg (16.84%), Iron: 2.06mg (11.45%), Vitamin B12: 0.68µg (11.34%), Magnesium: 44.25mg (11.06%),

Vitamin B5: 0.88mg (8.84%), Manganese: 0.17mg (8.59%), Fiber: 1.95g (7.79%), Vitamin B2: 0.13mg (7.73%), Copper: 0.13mg (6.64%), Vitamin A: 271.7IU (5.43%), Vitamin C: 4.13mg (5.01%), Zinc: 0.66mg (4.43%), Folate: 17.45µg (4.36%), Vitamin B1: 0.06mg (3.75%), Calcium: 33.24mg (3.32%), Vitamin E: 0.36mg (2.43%)