



Fish with Mango Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 5 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest shredded finely
- ☐ 1 lb mangos pitted ripe peeled coarsely chopped
- ☐ 0.5 cup apricot-mango nectar refrigerated canned
- ☐ 1 teaspoon olive oil
- ☐ 6 oz onion chopped

- ☐ 2 pounds mahi-mahi
- ☐ 2 tablespoons soya sauce

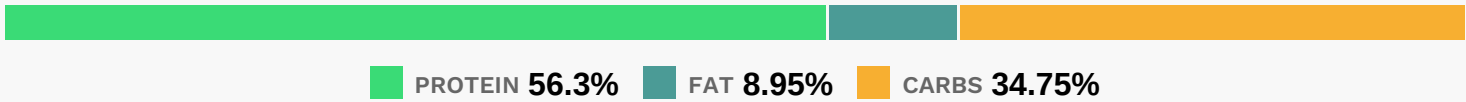
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Mix soy sauce, 2 tablespoons lemon juice, and half the garlic.
- ☐ Cut fish into 6 or 8 equal pieces, then rinse and pat dry. Rub soy mixture all over fish. If making ahead, cover and chill up to 30 minutes.
- ☐ In an 8- to 10-inch frying pan over high heat, combine oil, onion, and remaining garlic. Stir until onion begins to get limp, about 2 minutes.
- ☐ Add mango nectar and 3 tablespoons lemon juice; stir until boiling.
- ☐ Remove onion mixture from heat. Stir in mango, cilantro, and lemon peel. Use hot or cool.
- ☐ Arrange fish pieces, side by side, in a wire grilling basket. Close basket and lay it on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Close lid on a gas grill.
- ☐ Cook fish, turning once, until it is barely opaque and still moist-looking in thickest part (cut to test), 8 to 10 minutes total.
- ☐ Serve with salsa and lemon juice.

Nutrition Facts



Properties

Glycemic Index:19.47, Glycemic Load:4.47, Inflammation Score:-7, Nutrition Score:13.553478386091%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Eriodictyol:

0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 157.37kcal (7.87%), Fat: 1.57g (2.42%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 12.31g (4.48%), Sugar: 10.95g (12.16%), Cholesterol: 82.78mg (27.59%), Sodium: 353.68mg (15.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.51%), Selenium: 42.05µg (60.08%), Vitamin B3: 7.53mg (37.64%), Vitamin C: 28.82mg (34.94%), Vitamin B6: 0.57mg (28.61%), Vitamin A: 937.46IU (18.75%), Phosphorus: 184.43mg (18.44%), Potassium: 625.19mg (17.86%), Vitamin B12: 0.68µg (11.34%), Magnesium: 44.91mg (11.23%), Vitamin B5: 1.03mg (10.35%), Folate: 38.02µg (9.51%), Iron: 1.61mg (8.93%), Vitamin B2: 0.12mg (6.86%), Copper: 0.13mg (6.52%), Manganese: 0.12mg (6.07%), Fiber: 1.43g (5.71%), Zinc: 0.65mg (4.31%), Vitamin E: 0.64mg (4.26%), Vitamin B1: 0.06mg (3.7%), Calcium: 34.06mg (3.41%), Vitamin K: 3.37µg (3.21%)