



Garlic-Lemon Mahi

 Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon garlic chopped
- ☐ 1 juice of lemon juiced
- ☐ 6 ounce mahi-mahi fillet
- ☐ 1 serving salt and pepper black freshly ground
- ☐ 1 ounce butter unsalted melted cubed
- ☐ 1 serving vegetable oil for sauteing
- ☐ 0.3 cup white wine

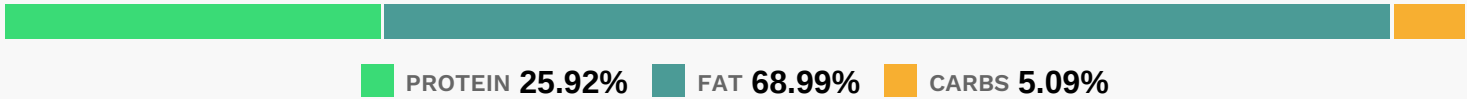
Equipment

☐ frying pan

Directions

- ☐ In a large saute pan, heat the oil.
- ☐ Add the mahi and cook until the underside is golden brown. Turn the fish over and add the garlic, lemon juice, and white wine. Once the wine and lemon juice have cooked down, add the butter. Finish cooking and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:18.403478223345%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 539.58kcal (26.98%), Fat: 38.3g (58.92%), Saturated Fat: 17.04g (106.49%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 6.08g (2.21%), Sugar: 1.43g (1.59%), Cholesterol: 185.12mg (61.71%), Sodium: 157.48mg (6.85%), Alcohol: 6.18g (100%), Alcohol %: 2.52% (100%), Protein: 32.38g (64.75%), Selenium: 63.6µg (90.86%), Vitamin B3: 10.54mg (52.69%), Vitamin B6: 0.82mg (41.23%), Phosphorus: 275.64mg (27.56%), Vitamin K: 28.27µg (26.92%), Potassium: 821.32mg (23.47%), Vitamin A: 1017.7IU (20.35%), Vitamin B12: 1.07µg (17.81%), Vitamin C: 14.11mg (17.1%), Magnesium: 61.57mg (15.39%), Vitamin B5: 1.42mg (14.22%), Iron: 2.26mg (12.57%), Vitamin E: 1.86mg (12.37%), Manganese: 0.25mg (12.35%), Vitamin B2: 0.15mg (8.89%), Zinc: 0.99mg (6.59%), Calcium: 54.44mg (5.44%), Copper: 0.11mg (5.34%), Vitamin B1: 0.06mg (4.12%), Folate: 16.21µg (4.05%), Vitamin D: 0.43µg (2.83%), Fiber: 0.28g (1.13%)