



Ginger-Glazed Mahi Mahi

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



37 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 1 teaspoon ginger root fresh grated
- 1 clove garlic crushed to taste
- 3 tablespoons honey
- 24 ounce mahi mahi fillets
- 2 teaspoons olive oil
- 4 servings salt and pepper to taste
- 3 tablespoons soya sauce

1 tablespoon vegetable oil

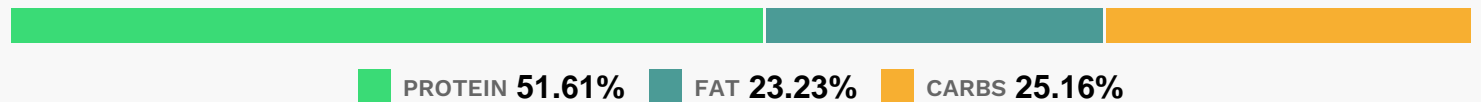
Equipment

frying pan

Directions

- In a shallow glass dish, stir together the honey, soy sauce, balsamic vinegar, ginger, garlic and olive oil. Season fish fillets with salt and pepper, and place them into the dish. If the fillets have skin on them, place them skin side down. Cover, and refrigerate for 20 minutes to marinate.
- Heat vegetable oil in a large skillet over medium-high heat.
- Remove fish from the dish, and reserve marinade. Fry fish for 4 to 6 minutes on each side, turning only once, until fish flakes easily with a fork.
- Remove fillets to a serving platter and keep warm.
- Pour reserved marinade into the skillet, and heat over medium heat until the mixture reduces to a glaze consistently. Spoon glaze over fish, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.57, Glycemic Load:7.97, Inflammation Score:-4, Nutrition Score:14.800000090962%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 260.38kcal (13.02%), Fat: 6.61g (10.17%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 15.95g (5.8%), Sugar: 14.97g (16.63%), Cholesterol: 124.17mg (41.39%), Sodium: 1101.21mg (47.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.1%), Selenium: 62.43µg (89.19%), Vitamin B3: 10.94mg (54.69%), Vitamin B6: 0.72mg (36.06%), Phosphorus: 265.02mg (26.5%), Potassium: 763mg (21.8%), Vitamin B12: 1.02µg (17.01%), Magnesium: 58.59mg (14.65%), Iron: 2.43mg (13.47%), Vitamin B5: 1.34mg (13.43%), Vitamin B2: 0.15mg (8.62%), Vitamin K: 7.47µg (7.11%), Manganese: 0.14mg (6.77%), Vitamin A: 306.24IU (6.12%), Zinc: 0.9mg (5.97%), Copper: 0.1mg (5.01%), Vitamin E: 0.57mg (3.79%), Calcium: 33.98mg (3.4%), Vitamin B1:

0.04mg (2.91%), Folate: 11.33µg (2.83%)