



Ginger-Soy Glazed Mahi Mahi

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

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 1 tablespoon sesame oil dark
- 2 tablespoons ginger fresh minced
- 2 garlic cloves minced
- 0.1 teaspoon ground pepper red
- 2 tablespoons honey
- 2 tablespoons juice of lime fresh
- 24 ounce mahi mahi fillets

0.3 cup soya sauce

Equipment

bowl

frying pan

whisk

spatula

Directions

Whisk together first 4 ingredients in a small bowl until well combined. Set aside.

Heat canola oil and sesame oil in a large nonstick skillet over medium heat.

Add ginger and garlic; cook, stirring constantly, 1 minute or until fragrant. Stir in soy sauce mixture and bring to a boil.

Add fish fillets; cook, covered, 4 minutes. Carefully turn fillets over using a spatula, cover, and cook 3 to 5 additional minutes.

Transfer fillets to serving plates, and drizzle each evenly with the pan sauce.

Serve immediately.

Nutrition Facts


■ PROTEIN 52.7% ■ FAT 29.46% ■ CARBS 17.84%

Properties

Glycemic Index:36.07, Glycemic Load:4.84, Inflammation Score:-5, Nutrition Score:15.007825866989%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 254.19kcal (12.71%), Fat: 8.26g (12.7%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 10.96g (3.99%), Sugar: 9.07g (10.08%), Cholesterol: 124.17mg (41.39%), Sodium: 960.95mg

(41.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.44%), Selenium: 62.54µg (89.34%), Vitamin B3: 11.01mg (55.07%), Vitamin B6: 0.74mg (37.02%), Phosphorus: 267.23mg (26.72%), Potassium: 774.38mg (22.13%), Vitamin B12: 1.02µg (17.01%), Magnesium: 59.61mg (14.9%), Vitamin B5: 1.36mg (13.63%), Iron: 2.37mg (13.16%), Vitamin B2: 0.15mg (8.8%), Manganese: 0.14mg (7.1%), Vitamin A: 336.07IU (6.72%), Zinc: 0.9mg (6.03%), Copper: 0.11mg (5.39%), Vitamin E: 0.71mg (4.71%), Vitamin C: 2.99mg (3.63%), Calcium: 33.46mg (3.35%), Vitamin B1: 0.05mg (3.24%), Folate: 12.57µg (3.14%), Vitamin K: 3.1µg (2.95%), Fiber: 0.29g (1.14%)