



Glazed Mahimahi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 4 garlic cloves crushed
- ☐ 3 tablespoons honey
- ☐ 24 ounce mahimahi fillets
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sherry vinegar

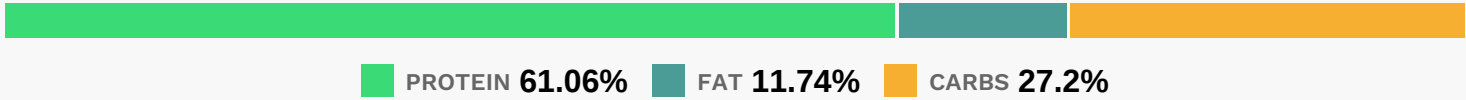
Equipment

☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a shallow dish; stir well.
- ☐ Place fish in a single layer over mixture in dish, turning to coat. Cover and marinate in refrigerator 20 minutes, turning fish once.
- ☐ Remove fish from marinade, reserving marinade.
- ☐ Heat oil in a nonstick skillet over medium– high heat.
- ☐ Add fish, and cook 6 minutes. Turn fish; sprinkle with salt and pepper. Cook 3 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove from pan; keep warm.
- ☐ Add reserved marinade to pan; cook over medium–high heat 1 minute, scraping pan to loosen browned bits. Spoon glaze over fish.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:7.07, Inflammation Score:-4, Nutrition Score:13.91913023591%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 212.89kcal (10.64%), Fat: 2.71g (4.17%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 14.01g (5.09%), Sugar: 12.97g (14.41%), Cholesterol: 124.17mg (41.39%), Sodium: 297.18mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.45%), Selenium: 62.64µg (89.49%), Vitamin B3: 10.42mg (52.1%), Vitamin B6: 0.72mg (36.12%), Phosphorus: 249.63mg (24.96%), Potassium: 735.16mg (21%), Vitamin B12: 1.02µg (17.01%), Magnesium: 52.87mg (13.22%), Vitamin B5: 1.31mg (13.06%), Iron: 2.11mg (11.71%), Vitamin B2: 0.13mg (7.57%), Vitamin A: 306.79IU (6.14%), Zinc: 0.86mg (5.72%), Manganese: 0.1mg (5.15%), Copper:

0.09mg (4.38%), Calcium: 33.03mg (3.3%), Vitamin B1: 0.04mg (2.68%), Folate: 8.98µg (2.24%), Vitamin E: 0.22mg (1.47%), Vitamin C: 1.1mg (1.33%), Vitamin K: 1.06µg (1.01%)