



Greek-Style Mahi Mahi

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons optional: dill chopped
- ☐ 0.3 cup feta cheese crumbled
- ☐ 8 slices optional: lemon very thin
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 24 ounces mahi-mahi with skin thick ()
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons mint leaves chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 1 tablespoon red-wine vinegar
- ☐ 3 medium tomatoes cut into 8 wedges ()

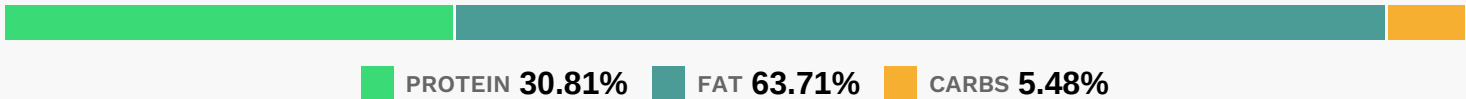
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Toss tomatoes with 2 tablespoons oil, vinegar, and 1/2 teaspoon salt.
- ☐ Line a broiler pan or small 4-sided sheet pan with foil or parchment paper and lightly oil foil. Put fish, skin sides down, on pan and season with 1/4 teaspoon each of salt and pepper.
- ☐ Whisk together mayonnaise, feta, herbs, and lemon juice and spread over top of fish. Put 2 lemon slices (slightly overlapping) on center of each fillet.
- ☐ Drizzle lemon slices with remaining 2 teaspoons oil.
- ☐ Broil fish 8 inches from heat until just cooked through, 14 to 16 minutes. If topping browns before fish is cooked, cover loosely with foil.
- ☐ Serve fish with tomatoes.
- ☐ toasted orzo with saffron and fennel
- ☐ Per serving: 377.36 kcal calories,
- ☐ 9 % calories from fat, 20.90 g fat, 3.07 g saturated fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:22.141304207885%

Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 446.07kcal (22.3%), Fat: 31.42g (48.33%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 4.28g (1.56%), Sugar: 2.97g (3.3%), Cholesterol: 144.27mg (48.09%), Sodium: 440.99mg (19.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.37%), Selenium: 64.19µg (91.7%), Vitamin B3: 11.1mg (55.5%), Vitamin K: 57.31µg (54.58%), Vitamin B6: 0.81mg (40.66%), Phosphorus: 308.36mg (30.84%), Potassium: 982.6mg (28.07%), Vitamin C: 21.92mg (26.57%), Vitamin A: 1310.27IU (26.21%), Vitamin B12: 1.21µg (20.21%), Magnesium: 67.69mg (16.92%), Vitamin E: 2.46mg (16.43%), Vitamin B5: 1.54mg (15.38%), Iron: 2.64mg (14.64%), Vitamin B2: 0.23mg (13.8%), Calcium: 96.74mg (9.67%), Manganese: 0.19mg (9.4%), Zinc: 1.3mg (8.7%), Folate: 33.11µg (8.28%), Copper: 0.15mg (7.54%), Fiber: 1.81g (7.23%), Vitamin B1: 0.09mg (6.3%)