



Grilled Fish on Cilantro-Chili Slaw



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 teaspoons jalapeño chilies fresh minced
- ☐ 0.7 cup cider vinegar
- ☐ 1 teaspoon cumin seed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic minced pressed peeled
- ☐ 24 oz mahimahi fillet
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup thinly slivered onion red rinsed

- ☐ 1 pound cabbage red (see notes)
- ☐ 0.8 teaspoon salt

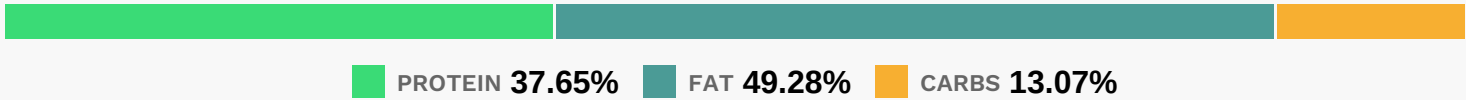
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In a small bowl, mix vinegar, olive oil, cilantro, garlic, cumin seed, 3/4 teaspoon salt, and chilies to taste.
- ☐ Rinse fish and pat dry. In a heavy zip-lock plastic bag (1-gal. size), combine fish and 1/3 cup of the vinegar mixture.
- ☐ Let stand, turning occasionally, for about 15 minutes.
- ☐ Meanwhile, rinse and drain cabbage.
- ☐ Cut through core into quarters; cut out and discard core sections. Slice each quarter lengthwise into thin shreds to make about 6 cups. In a large bowl, mix shredded cabbage, onion, and 1/2 cup of the vinegar mixture.
- ☐ Add salt to taste.
- ☐ Lift fish from marinade (discard marinade) and place on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook fish, turning once, until barely opaque but still moist-looking in center of thickest part (cut to test), 6 to 8 minutes.
- ☐ Mound cilantro-chili slaw equally on four dinner plates. Top each mound with a piece of hot or warm grilled fish.
- ☐ Drizzle remaining dressing equally over fish.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:2.76, Inflammation Score:-9, Nutrition Score:26.716087196184%

Flavonoids

Cyanidin: 237.94mg, Cyanidin: 237.94mg, Cyanidin: 237.94mg, Cyanidin: 237.94mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 361.02kcal (18.05%), Fat: 19.54g (30.06%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 8.74g (3.18%), Sugar: 5.71g (6.35%), Cholesterol: 124.17mg (41.39%), Sodium: 621.63mg (27.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.18%), Vitamin C: 75.73mg (91.79%), Selenium: 63.08µg (90.12%), Vitamin K: 59.28µg (56.46%), Vitamin B3: 10.99mg (54.97%), Vitamin B6: 0.99mg (49.32%), Vitamin A: 1727.99IU (34.56%), Potassium: 1080.73mg (30.88%), Phosphorus: 293.21mg (29.32%), Manganese: 0.47mg (23.69%), Iron: 3.49mg (19.38%), Magnesium: 76.98mg (19.24%), Vitamin E: 2.81mg (18.76%), Vitamin B12: 1.02µg (17.01%), Vitamin B5: 1.49mg (14.92%), Vitamin B2: 0.21mg (12.51%), Fiber: 2.92g (11.68%), Calcium: 92.16mg (9.22%), Folate: 35.05µg (8.76%), Vitamin B1: 0.13mg (8.39%), Zinc: 1.14mg (7.59%), Copper: 0.12mg (5.9%)