



Grilled Mahi-Mahi, Ceviche-Style

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

READY IN

ready

138 min.

SERVINGS

servings

4

CALORIES

calories

282 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 0.3 cup brown sugar dark packed
- ☐ 1 tablespoon jalapeño minced
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 4 fillet mahi-mahi skinless
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice freshly squeezed

- ☐ 0.5 cup onion diced red
- ☐ 0.3 cup tequila

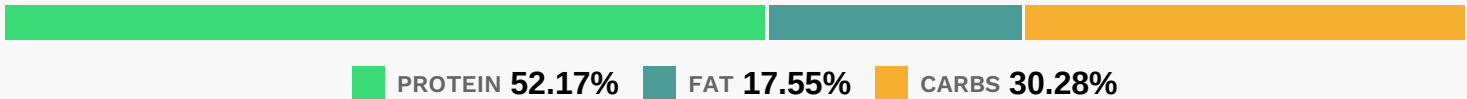
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ tongs

Directions

- ☐ Rub the fillets with kosher salt and set aside. In a non-reactive bowl, combine the onion, lime juice, orange juice, jalapeno, sugar and tequila.
- ☐ Mix to dissolve the sugar, and add the fillets to the bowl. Marinate in the refrigerator for 2 hours, turning the fillets once after 1 hour.
- ☐ Remove the fillets from the marinade and set it aside. Pat the fillets dry with paper towels and lightly coat with the olive oil.
- ☐ Heat a grill to high and place the fillets over direct heat until they are just cooked through – opaque at the center but still moist, approximately 3 to 4 minutes per side. While the fish is grilling, transfer the reserved marinade to a saucepan and heat until it is reduced to about 3/4 cup. Using tongs, remove the fillets to serving plates and divide sauce equally among them. Top with the cilantro.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:15.925652006398%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg,

Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 282.41kcal (14.12%), Fat: 4.77g (7.34%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 17.96g (6.53%), Sugar: 15.91g (17.67%), Cholesterol: 124.1mg (41.37%), Sodium: 1318.24mg (57.31%), Alcohol: 5.01g (100%), Alcohol %: 2.44% (100%), Protein: 31.91g (63.83%), Selenium: 62.37µg (89.1%), Vitamin B3: 10.55mg (52.76%), Vitamin B6: 0.74mg (36.95%), Phosphorus: 256.26mg (25.63%), Potassium: 818.47mg (23.38%), Vitamin C: 18.49mg (22.41%), Vitamin B12: 1.02µg (17%), Magnesium: 58.01mg (14.5%), Vitamin B5: 1.38mg (13.83%), Iron: 2.17mg (12.04%), Vitamin A: 452.87IU (9.06%), Vitamin B2: 0.14mg (8.01%), Vitamin K: 6.09µg (5.8%), Zinc: 0.86mg (5.73%), Copper: 0.1mg (5.14%), Folate: 20.23µg (5.06%), Calcium: 47.21mg (4.72%), Vitamin E: 0.71mg (4.71%), Vitamin B1: 0.06mg (4.27%), Manganese: 0.08mg (3.93%), Fiber: 0.56g (2.26%)