



Grilled Mahi Mahi Fillets and Asparagus with Orange and Sesame



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pounds asparagus spears thin
- ☐ 1 tablespoon canola oil
- ☐ 20 blades chives fresh thinly sliced chopped for garnish
- ☐ 1 inch ginger root fresh
- ☐ 2 inches ginger root fresh grated
- ☐ 2 juice of lime juiced
- ☐ 2 navel oranges

- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons sesame seed toasted
- ☐ 3 tablespoons tamari soy sauce dark
- ☐ 4 servings each

Equipment

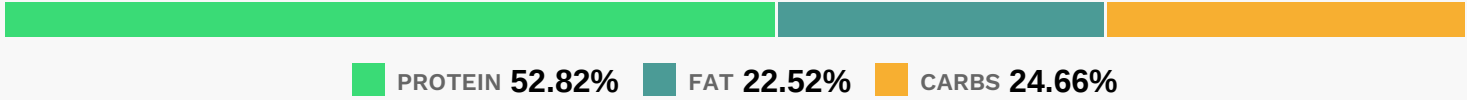
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ grill pan
- ☐ cutting board
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill pan to over medium high to high heat. Season mahi mahi fillets with salt and pepper.
- ☐ Combine the lime juice, dark soy, ginger and a little vegetable or canola oil in a shallow dish. Turn the mahi mahi in the citrus soy marinade and let it hang out for 10 minutes. Grill on hot grill pan for 6 minutes per side for a 1-inch fillet or until fish is firm and opaque.
- ☐ Take 1 spear of asparagus and hold it at each end. Bend the asparagus until it snaps and breaks. Use this spear as your guide on where to trim the ends of your bundle of spears. Using a peeler, make thin long strips of orange zest from both oranges.
- ☐ Cut the ends off the zested oranges and stand them up right on a cutting board.
- ☐ Remove the pith in strips using sharp knife and cutting down from the top of the orange. Discard the pith. When the oranges are both peeled and trimmed, turn them on their sides and slice into 1/4-inch rounds, cross sectioning the whole. Set the orange disks aside. In a skillet with a cover, bring 1-inch water to a boil with the zest of the oranges and grated fresh gingerroot. Allow the orange zest and ginger to simmer for at least 1 minute then add salt and asparagus spears. Simmer the spears 3 to 5 minutes until just tender.
- ☐ Drain the asparagus. Discard the orange zest and ginger. Assemble a few spears on each dinner plate, layering them back and forth, crisscrossing the spears over orange slices.

- ☐
- Sprinkle sesame seeds over asparagus and oranges and top with 1 portion of grilled mahimahi.
- ☐
- Garnish assembled fish and asparagus with chopped or thinly sliced chives.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:30.102608597797%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 16.65mg, Hesperetin: 16.65mg, Hesperetin: 16.65mg, Hesperetin: 16.65mg Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 6.8mg, Isorhamnetin: 6.8mg, Isorhamnetin: 6.8mg, Isorhamnetin: 6.8mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg

Nutrients (% of daily need)

Calories: 272.89kcal (13.64%), Fat: 7.02g (10.8%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 12.49g (4.54%), Sugar: 8.76g (9.73%), Cholesterol: 124.1mg (41.37%), Sodium: 1102.04mg (47.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.03g (74.06%), Selenium: 66.24µg (94.63%), Vitamin C: 55.39mg (67.14%), Vitamin B3: 12.58mg (62.92%), Vitamin K: 60.41µg (57.54%), Vitamin B6: 0.92mg (45.9%), Phosphorus: 367.66mg (36.77%), Potassium: 1153.98mg (32.97%), Vitamin A: 1561.7IU (31.23%), Iron: 5.47mg (30.38%), Folate: 104.9µg (26.23%), Copper: 0.52mg (25.84%), Magnesium: 99.58mg (24.89%), Manganese: 0.42mg (21.23%), Vitamin B2: 0.35mg (20.87%), Vitamin B1: 0.29mg (19.49%), Fiber: 4.79g (19.17%), Vitamin B5: 1.87mg (18.66%), Vitamin B12: 1.02µg (17%), Vitamin E: 2.07mg (13.77%), Calcium: 132.18mg (13.22%), Zinc: 1.88mg (12.51%)