



Grilled Mahi Mahi in Thai Coconut Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups coconut milk
- 1 teaspoon fish sauce
- 2 tablespoons cilantro leaves fresh chopped
- 4 teaspoons ginger root fresh minced
- 2 cloves garlic minced
- 2 tablespoons green onion chopped
- 2 tablespoons juice of lime
- 12 ounce mahi mahi fillets

Equipment

- sauce pan
- grill pan

Directions

- Heat a grill pan over medium heat.
- Stir coconut milk, 2 tablespoons cilantro, 2 tablespoons green onion, lime juice, ginger, garlic, and fish sauce together in a saucepan; bring to a boil.
- Brush the mahi mahi fillets with enough sauce to coat. Cook the remaining sauce at a boil until slightly thickened, 3 to 4 minutes.
- Cook the mahi mahi in the grill pan until the fish flakes easily with a fork, about 7 minutes per side.
- Transfer to a serving platter, top with the sauce, and garnish with 2 tablespoons cilantro and 2 tablespoons green onion to serve.

Nutrition Facts

PROTEIN 27.73% **FAT 65.79%** **CARBS 6.48%**

Properties

Glycemic Index:103, Glycemic Load:5.09, Inflammation Score:-7, Nutrition Score:23.639999796515%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 492.98kcal (24.65%), Fat: 37.41g (57.56%), Saturated Fat: 32.39g (202.47%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.92g (2.88%), Sugar: 0.6g (0.67%), Cholesterol: 124.17mg (41.39%), Sodium: 409.69mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.49g (70.98%), Selenium: 62.87µg (89.81%), Manganese: 1.41mg (70.38%), Vitamin B3: 11.63mg (58.17%), Iron: 7.72mg (42.91%), Phosphorus: 416.63mg (41.66%), Vitamin B6: 0.79mg (39.66%), Magnesium: 139.22mg (34.81%), Potassium: 1153.97mg (32.97%), Copper:

0.48mg (23.86%), Vitamin B12: 1.03µg (17.25%), Vitamin B5: 1.59mg (15.9%), Vitamin K: 13.81µg (13.15%), Zinc: 1.82mg (12.16%), Vitamin C: 8.58mg (10.4%), Folate: 39.88µg (9.97%), Vitamin A: 401.12IU (8.02%), Vitamin B2: 0.13mg (7.83%), Calcium: 70.07mg (7.01%), Vitamin B1: 0.09mg (5.73%), Fiber: 0.37g (1.48%)