



Grilled Mahi Mahi With Avocado-Chile Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe cut into 1/4- to 1/2-inch chunks
- 0.5 teaspoon pepper black freshly ground to taste
- 0.5 cup cilantro leaves fresh minced
- 1 juice of lime juiced
- 0.5 teaspoon kosher salt
- 1.5 pounds mahi-mahi cut into 4 pieces
- 1 tablespoon olive oil extra-virgin
- 2 plum tomatoes cut into 1/2-inch chunks

- 1 cup onion red minced
- 1 serrano chile minced seeded

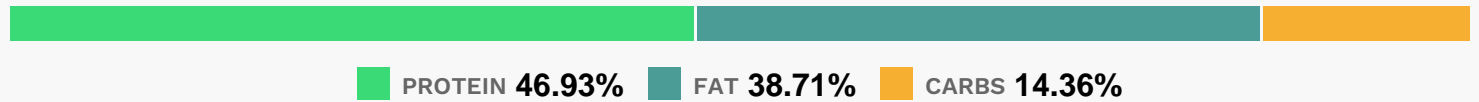
Equipment

- bowl
- grill
- broiler

Directions

- Combine all of the ingredients in a large, nonreactive bowl (glass, stainless steel, or glazed ceramic), and mix gently with a spoon. Set aside. You can prepare this salsa up to a few hours before serving and store it in the refrigerator in a covered container.
- In a deep, nonreactive dish (glass, stainless steel, or glazed ceramic), marinate the fish with the other ingredients for 20–30 minutes before grilling.
- Grill over coals or on a grill, or cook under a broiler for 6–8 minutes per side.
- Serve the fish with the salsa on top.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:20.842173970264%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg

Nutrients (% of daily need)

Calories: 280.95kcal (14.05%), Fat: 12.21g (18.78%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 5.57g (2.03%), Sugar: 3.05g (3.38%), Cholesterol: 124.17mg (41.39%), Sodium: 448.38mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.62%), Selenium: 62.53µg (89.33%), Vitamin B3: 11.54mg (57.7%), Vitamin B6: 0.9mg (44.82%), Potassium: 1110.37mg (31.72%), Phosphorus: 291.41mg (29.14%), Vitamin K: 22.1µg (21.05%), Vitamin B5: 2.08mg (20.78%), Vitamin C: 15.7mg (19.02%), Magnesium: 74.9mg (18.72%), Fiber: 4.62g (18.49%), Vitamin B12: 1.02µg (17.01%), Folate: 63.83µg (15.96%), Vitamin A: 792.7IU (15.85%), Iron: 2.47mg (13.71%), Vitamin B2: 0.21mg (12.18%), Vitamin E: 1.8mg (11.99%), Manganese: 0.23mg (11.46%), Copper: 0.21mg (10.56%), Zinc: 1.25mg (8.32%), Vitamin B1: 0.1mg (6.79%), Calcium: 47.72mg (4.77%)