



Grilled Mahi-Mahi with Avocado-Melon Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small avocado diced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup seasoning cubes
- ☐ 3 tablespoons walkerswood jamaican jerk seasoning
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.8 teaspoon lime zest grated
- ☐ 24 ounce mahi-mahi (each)
- ☐ 1 tablespoon olive oil

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0.5 cup onion diced red

Equipment

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bowl

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grill

Directions

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Oil grill rack. Prepare barbecue (medium-high heat). Toss first 6 ingredients in medium bowl to blend. Season salsa generously with salt and pepper.

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Brush fish with 1 tablespoon oil.

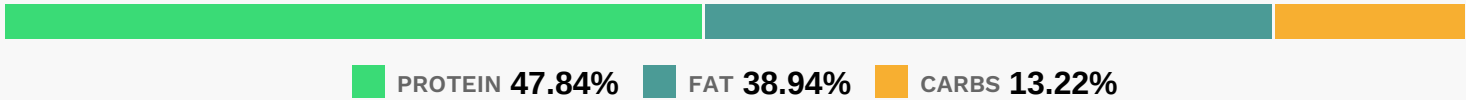
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Spread seasoning in dish. Dredge fish in seasoning, turning to coat. Grill fish until just opaque in center, about 4 minutes per side.

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Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:23.518695727639%

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: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 314.61kcal (15.73%), Fat: 13.99g (21.52%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 4.79g (1.74%), Sugar: 2.33g (2.58%), Cholesterol: 139.44mg (46.48%), Sodium: 624.84mg (27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.67g (77.33%), Selenium: 63.64µg (90.91%), Vitamin

B3: 12mg (60.01%), Vitamin B6: 0.97mg (48.28%), Vitamin A: 2254.73IU (45.09%), Potassium: 1118.04mg (31.94%), Phosphorus: 295.45mg (29.55%), Vitamin E: 3.9mg (25.97%), Fiber: 5.89g (23.55%), Vitamin K: 23.28µg (22.18%), Vitamin B5: 2.07mg (20.74%), Iron: 3.52mg (19.54%), Magnesium: 77.81mg (19.45%), Vitamin B12: 1.02µg (17.01%), Vitamin B2: 0.25mg (14.71%), Folate: 56.67µg (14.17%), Vitamin C: 10.39mg (12.6%), Copper: 0.24mg (11.96%), Manganese: 0.23mg (11.62%), Zinc: 1.41mg (9.41%), Vitamin B1: 0.1mg (6.38%), Calcium: 58.57mg (5.86%)