



Grilled Mahi-Mahi with Escabeche Sauce

 Gluten Free  Dairy Free

READY IN



31 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 olives black pitted sliced
- 0.3 cup brine from olives
- 3 tablespoons capers
- 32 ounce similar fish
- 1 tablespoon flat-leaf parsley chopped
- 2 garlic cloves sliced
- 6 olives green pitted sliced
- 1 medium pepper green sliced

- 3 tablespoons olive oil extra-virgin
- 0.5 teaspoon pepper freshly ground
- 1 small onion red sliced
- 1 medium pepper red sliced
- 0.5 teaspoon salt
- 3 tablespoons sherry vinegar
- 0.5 cup sacramento tomato juice

Equipment

- bowl
- grill

Directions

- Stir together first 12 ingredients in a bowl, and refrigerate until needed.
- Season fish on both sides with salt and pepper. Coat a grill tray with cooking spray, and place on grill rack.
- Heat, covered with grill lid, over hot coals (400-50
- for 10 minutes.
- Place fish on tray, and grill over medium-high heat 8 minutes on each side.
- Serve fish hot, topped with cold or room-temperature sauce.

Nutrition Facts

 **PROTEIN 51.8%**  **FAT 38.03%**  **CARBS 10.17%**

Properties

Glycemic Index:48.58, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:27.279565002607%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.12mg, Kaempferol: 8.12mg, Kaempferol: 8.12mg, Kaempferol: 8.12mg Myricetin: 0.2mg, Myricetin:

0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 17.05mg, Quercetin: 17.05mg, Quercetin: 17.05mg, Quercetin:
17.05mg

Nutrients (% of daily need)

Calories: 339.59kcal (16.98%), Fat: 14.18g (21.82%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 8.53g (2.84%),
Net Carbohydrates: 6.1g (2.22%), Sugar: 4.33g (4.81%), Cholesterol: 165.56mg (55.19%), Sodium: 1280.44mg
(55.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.46g (86.92%), Selenium: 83.45µg (119.21%),
Vitamin C: 71.7mg (86.92%), Vitamin B3: 14.6mg (72.99%), Vitamin B6: 1.15mg (57.62%), Phosphorus: 356.7mg
(35.67%), Vitamin A: 1728.2IU (34.56%), Potassium: 1194.89mg (34.14%), Vitamin K: 29.27µg (27.87%), Vitamin B12:
1.36µg (22.68%), Magnesium: 85.74mg (21.43%), Vitamin B5: 1.96mg (19.55%), Iron: 3.36mg (18.68%), Vitamin E:
2.72mg (18.11%), Vitamin B2: 0.22mg (13.03%), Manganese: 0.23mg (11.48%), Folate: 42.65µg (10.66%), Fiber: 2.44g
(9.74%), Copper: 0.19mg (9.72%), Zinc: 1.31mg (8.72%), Vitamin B1: 0.11mg (7.54%), Calcium: 63.24mg (6.32%)