



## Grilled Mahi Mahi with Lemon Caper Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



140 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 ounce crose & capers rinsed drained blackwell®
- 1 juice of lemon juiced
- 2 juice of lime juiced
- 36 ounce mahi mahi fillets white firm (or other fish)
- 1 cup mayonnaise
- 6 cups salad greens mixed
- 2 tablespoons olive oil pure crisco®
- 0.3 teaspoon pepper

0.5 teaspoon salt

## Equipment

grill

## Directions

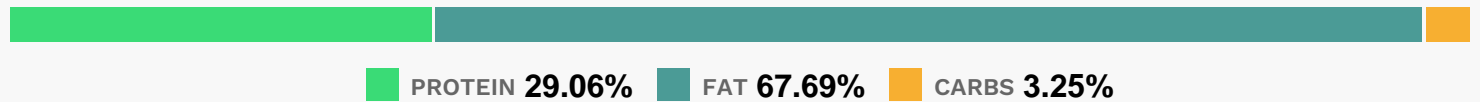
Place fish in a shallow dish and rub with olive oil, lime juice and salt and pepper. Cover and leave at room temperature 2 hours.

Heat grill to medium-high. Grill fish 4 minutes on each side.

Combine mayonnaise, capers and lemon juice.

Serve fish on bed of mixed greens and top with mayonnaise mixture.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:19.878260653952%

## Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 24.82mg, Kaempferol: 24.82mg, Kaempferol: 24.82mg, Kaempferol: 24.82mg Quercetin: 32.68mg, Quercetin: 32.68mg, Quercetin: 32.68mg, Quercetin: 32.68mg

## Nutrients (% of daily need)

Calories: 454.26kcal (22.71%), Fat: 33.99g (52.3%), Saturated Fat: 5.38g (33.65%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.98g (1.09%), Sugar: 0.59g (0.65%), Cholesterol: 139.85mg (46.62%), Sodium: 1114.63mg (48.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.68%), Selenium: 63.35µg (90.5%), Vitamin K: 68.51µg (65.25%), Vitamin B3: 10.74mg (53.69%), Vitamin B6: 0.73mg (36.3%), Phosphorus: 270.5mg (27.05%), Potassium: 809.47mg (23.13%), Vitamin C: 15.03mg (18.22%), Vitamin B12: 1.07µg (17.76%), Vitamin A: 816.68IU (16.33%), Magnesium: 63.29mg (15.82%), Iron: 2.62mg (14.54%), Vitamin B5: 1.41mg (14.13%), Vitamin E: 2.09mg (13.95%), Vitamin B2: 0.17mg (10.28%), Copper: 0.17mg (8.61%), Folate: 31.53µg (7.88%), Zinc: 0.99mg (6.63%), Manganese: 0.12mg (5.76%), Calcium: 43.5mg (4.35%), Vitamin B1: 0.06mg (3.8%), Fiber: 0.68g (2.72%)