



## Grilled Mahi-Mahi with Thai Coconut Sauce

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce bottled clam juice
- 1 teaspoon fish sauce (such as nam pla or nuoc nam)
- 4 tablespoons cilantro leaves fresh divided chopped
- 4 teaspoons ginger fresh minced peeled
- 2 garlic clove pressed
- 4 tablespoons spring onion divided minced
- 2 tablespoons juice of lime fresh
- 24 ounce mahi-mahi

1 teaspoons serrano chiles minced seeded

1 cup coconut milk unsweetened

## Equipment

grill

## Directions

Prepare barbecue (medium-high heat).

Combine first 6 ingredients in medium skillet.

Add 1 to 2 teaspoons serrano chile, depending on level of heat desired; boil until sauce thickens slightly and is reduced to generous 3/4 cup, 8 to 9 minutes.

Remove from heat; stir in 2 tablespoons cilantro and 2 tablespoons green onions. Season sauce with salt and pepper.

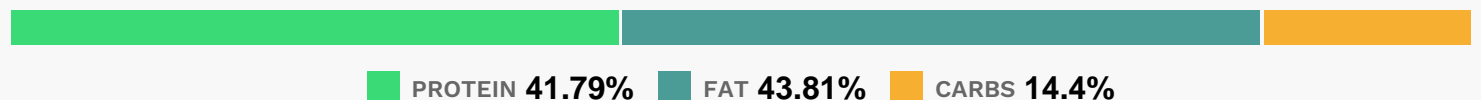
Brush fish all over with 1/4 cup sauce; sprinkle with salt and pepper. Grill fish until opaque in center and grill marks appear, 5 to 7 minutes per side, depending on thickness of fish. Divide coconut sauce among 4 plates; top with fish.

Sprinkle with remaining cilantro and green onions.

Per serving: 219 calories, 4 g fat, 0.4 g fiber

Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index: 27.25, Glycemic Load: 0.28, Inflammation Score: -6, Nutrition Score: 19.089999965999%

## Flavonoids

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 318.21kcal (15.91%), Fat: 15.63g (24.04%), Saturated Fat: 12.99g (81.18%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 9.73g (3.54%), Sugar: 4.27g (4.75%), Cholesterol: 124.17mg (41.39%), Sodium: 483.55mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.55g (67.1%), Selenium: 66.44µg (94.92%), Vitamin B3: 11.08mg (55.39%), Vitamin B6: 0.77mg (38.61%), Manganese: 0.64mg (32%), Phosphorus: 316.22mg (31.62%), Potassium: 963.45mg (27.53%), Magnesium: 81.94mg (20.48%), Iron: 3.15mg (17.48%), Vitamin B12: 1.04µg (17.41%), Vitamin B5: 1.46mg (14.64%), Copper: 0.26mg (13.2%), Vitamin K: 13.85µg (13.19%), Vitamin C: 8.8mg (10.67%), Vitamin A: 486.22IU (9.72%), Zinc: 1.29mg (8.6%), Vitamin B2: 0.14mg (8%), Fiber: 1.83g (7.34%), Folate: 28.62µg (7.16%), Calcium: 49.02mg (4.9%), Vitamin B1: 0.07mg (4.73%), Vitamin E: 0.22mg (1.48%)