

Grilled Mahimahi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves crushed
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 16 ounce mahimahi fillets
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 cups romaine lettuce shredded

☐ 0.5 teaspoon salt

Equipment

☐ sauce pan

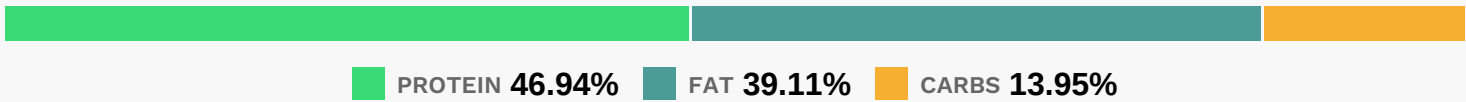
☐ grill

☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Combine first 7 ingredients in a zip-top plastic bag.
- ☐ Add fish; turn to coat.
- ☐ Let stand 10 minutes.
- ☐ Remove fish from bag.
- ☐ Pour marinade into a saucepan; bring to a boil and cook 1 minute.
- ☐ Place fish on grill rack coated with cooking spray; cover and grill 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Place 1/2 cup lettuce on each plate; top with fish. Spoon marinade over fish.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:2.43, Inflammation Score:-9, Nutrition Score:13.766086827154%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 183.67kcal (9.18%), Fat: 7.95g (12.24%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.74g (2.09%), Sugar: 4.8g (5.33%), Cholesterol: 82.78mg (27.59%), Sodium: 393.51mg (17.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.95%), Selenium: 41.77µg (59.68%), Vitamin A: 2256.09IU (45.12%), Vitamin B3: 7.03mg (35.14%), Vitamin K: 28.75µg (27.38%), Vitamin B6: 0.5mg (24.81%), Phosphorus: 173.96mg (17.4%), Potassium: 554.17mg (15.83%), Vitamin B12: 0.68µg (11.34%), Iron: 1.79mg (9.97%), Magnesium: 39.59mg (9.9%), Folate: 39.35µg (9.84%), Vitamin B5: 0.91mg (9.1%), Vitamin E: 1.06mg (7.08%), Manganese: 0.12mg (6.23%), Vitamin B2: 0.1mg (5.95%), Vitamin C: 4.36mg (5.28%), Zinc: 0.62mg (4.16%), Copper: 0.07mg (3.55%), Calcium: 31.93mg (3.19%), Vitamin B1: 0.05mg (3.08%), Fiber: 0.65g (2.59%)