



Grilled MahiMahi Skewers with Pineapple-Mandarin Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 inch bell pepper green
- ☐ 0.3 cup honey
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 cup onion chopped

- ☐ 1 inch pineapple fresh
- ☐ 2 cups pineapple fresh diced
- ☐ 2 tablespoons pineapple juice
- ☐ 1 tablespoon teaspoon rubbed sage dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds mahimahi steaks cut into 24 (1-inch) pieces
- ☐ 1 tablespoon slightly white wine sweet (rice wine) (such as Riesling)

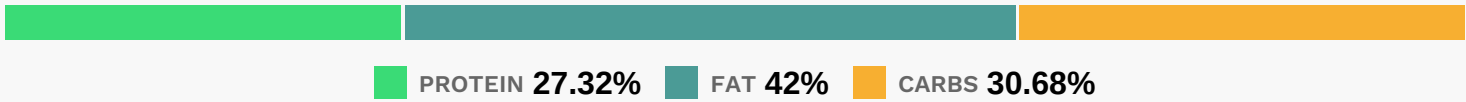
Equipment

- ☐ frying pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine chopped onion and honey in a medium nonstick skillet, and place over medium heat. Cook 12 minutes or until golden brown, stirring occasionally.
- ☐ Add red wine and the next 4 ingredients (wine through mirin); cook 10 minutes. Stir in diced pineapple, and cook 5 minutes. Keep warm.
- ☐ Prepare grill.
- ☐ Thread 3 mahimahi pieces, 3 pineapple cubes, and 3 bell pepper pieces alternately onto each of 8 (12-inch) skewers.
- ☐ Sprinkle kebabs with sage, salt, and black pepper.
- ☐ Place the kebabs on a grill rack coated with cooking spray; grill kebabs 15 minutes or until fish is done, turning every 5 minutes.
- ☐ Serve with pineapple sauce.
- ☐ Sprinkle with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:87.4, Glycemic Load:19.41, Inflammation Score:-5, Nutrition Score:22.720435033674%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epicatechin: 3.22mg, Epicatechin: 3.22mg, Epicatechin: 3.22mg, Epicatechin: 3.22mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 532.54kcal (26.63%), Fat: 24.26g (37.33%), Saturated Fat: 10.75g (67.21%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 38.03g (13.83%), Sugar: 34.26g (38.06%), Cholesterol: 103.76mg (34.59%), Sodium: 382.83mg (16.64%), Alcohol: 3.54g (100%), Alcohol %: 1.26% (100%), Protein: 35.5g (71%), Zinc: 9mg (59.99%), Selenium: 41.97µg (59.96%), Vitamin C: 42.78mg (51.86%), Vitamin B12: 2.82µg (47.06%), Manganese: 0.92mg (46.07%), Vitamin B3: 8.9mg (44.49%), Vitamin B6: 0.83mg (41.68%), Vitamin B2: 0.46mg (27.24%), Phosphorus: 268.74mg (26.87%), Iron: 3.63mg (20.16%), Potassium: 633.97mg (18.11%), Vitamin B1: 0.23mg (15.66%), Magnesium: 55.68mg (13.92%), Copper: 0.26mg (12.87%), Vitamin K: 12.07µg (11.5%), Fiber: 1.85g (7.39%), Folate: 29.03µg (7.26%), Calcium: 42.65mg (4.26%), Vitamin B5: 0.24mg (2.42%), Vitamin A: 107.04IU (2.14%), Vitamin D: 0.17µg (1.13%)