



HEALTH SCORE

59%

Grilled Mahimahi with Grapefruit, Avocado, and Watercress Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 avocado cut into chunks



1 grapefruit



2 teaspoons honey



4 servings salt and pepper



2 tablespoons juice of lime fresh



24 ounce mahi-mahi skinless



1 teaspoon olive oil extra virgin extra-virgin

- ☐ 2 spring onion trimmed thinly sliced
- ☐ 2 bunches watercress thick

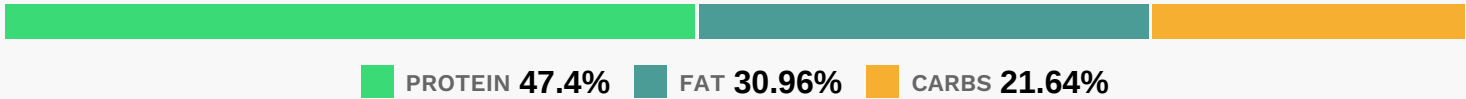
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill or grill pan to medium-high. Rub the mahimahi with 1 teaspoon of the oil and season with 1/4 teaspoon salt and 1/8 teaspoon pepper. Grill until cooked through and opaque, about 5 minutes per side, depending on the thickness. Meanwhile, cut away the peel and white pith of the grapefruit with a knife and slice the fruit into 1/4-inch rounds. In a small bowl, combine the remaining oil, lime juice, honey, 1/2 teaspoon salt, 1/8 teaspoon pepper, and scallions. Divide the watercress, avocado, and grapefruit among individual plates.
- ☐ Place the mahimahi on top and drizzle with the lime dressing.

Nutrition Facts



Properties

Glycemic Index:45.32, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:23.656521299611%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 20.92mg, Naringenin: 20.92mg, Naringenin: 20.92mg, Naringenin: 20.92mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 276.51kcal (13.83%), Fat: 9.7g (14.92%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 10.61g (3.86%), Sugar: 7.91g (8.78%), Cholesterol: 124.17mg (41.39%), Sodium: 353.39mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.41g (66.81%), Selenium: 62.53µg (89.34%), Vitamin B3: 11.45mg (57.26%), Vitamin K: 54.87µg (52.26%), Vitamin B6: 0.87mg (43.35%), Vitamin C: 33.76mg (40.93%), Potassium: 1106.17mg (31.6%), Vitamin A: 1577.98IU (31.56%), Phosphorus: 291.8mg (29.18%), Vitamin B5: 2.2mg (21.96%), Magnesium: 75.86mg (18.97%), Fiber: 4.65g (18.59%), Vitamin B12: 1.02µg (17.01%), Folate: 63.31µg (15.83%), Vitamin B2: 0.23mg (13.32%), Iron: 2.39mg (13.29%), Copper: 0.2mg (10.19%), Vitamin E: 1.44mg (9.61%), Zinc: 1.2mg (8%), Manganese: 0.16mg (7.78%), Vitamin B1: 0.11mg (7.44%), Calcium: 66.33mg (6.63%)