



## Grilled Mahimahi with Pineapple Sambal



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 tablespoons asian fish sauce
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.8 pineapple cored peeled cut into 1/2-inch cubes (4 cups) (preferably not labeled "super sweet")
- ☐ 0.3 teaspoon salt
- ☐ 2 serrano chiles fresh minced
- ☐ 0.7 cup shallots halved lengthwise thinly sliced
- ☐ 1 teaspoon sugar

☐ 3 tablespoons vegetable oil

## Equipment

☐ frying pan

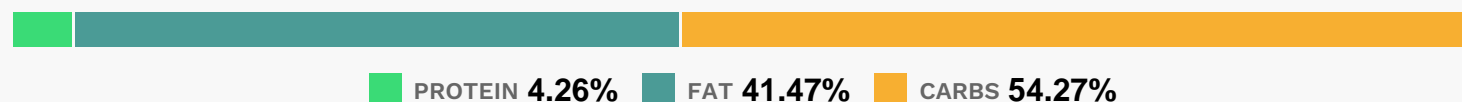
☐ grill

☐ grill pan

## Directions

- ☐ Cook garlic and shallots in 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring, until softened, 3 to 5 minutes.
- ☐ Add chiles and pineapple, then sauté over moderately high heat, stirring occasionally, until pineapple is softened, 4 to 5 minutes.
- ☐ Add fish sauce, sugar, and salt and sauté sambal, stirring, 30 seconds. Cool to room temperature, then stir in cilantro.
- ☐ While sambal is cooling, prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderate.
- ☐ Brush fish all over with remaining tablespoon oil, then season with salt. Grill, skin sides down, on lightly oiled grill rack, covered only if using gas grill, until skin is crisp, 4 to 5 minutes. Turn fish over and grill until just cooked through, 4 to 5 minutes more.
- ☐ Serve fish with sambal.
- ☐ • If you can only find pineapple labeled "super sweet," omit sugar in sambal. • Sambal can be made, without cilantro, 4 hours ahead and kept chilled, covered. Bring to room temperature and stir in cilantro before serving. • If you aren't able to grill outdoors, fish can be cooked in a well-seasoned large ridged grill pan (without crowding) over moderately high heat, skin sides down first, turning over once, until just cooked through, 7 to 8 minutes total.

## Nutrition Facts



## Properties

Glycemic Index:36.79, Glycemic Load:9.4, Inflammation Score:-5, Nutrition Score:10.19130422758%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 142.08kcal (7.1%), Fat: 6.98g (10.74%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 18.02g (6.55%), Sugar: 14.14g (15.71%), Cholesterol: 0mg (0%), Sodium: 455.22mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin C: 57.65mg (69.88%), Manganese: 1.16mg (58.02%), Vitamin K: 16.52µg (15.73%), Vitamin B6: 0.26mg (12.95%), Fiber: 2.54g (10.18%), Folate: 32.64µg (8.16%), Copper: 0.16mg (7.88%), Vitamin B1: 0.11mg (7.29%), Magnesium: 27.89mg (6.97%), Potassium: 238.84mg (6.82%), Vitamin E: 0.63mg (4.17%), Iron: 0.73mg (4.06%), Vitamin B3: 0.77mg (3.85%), Vitamin B5: 0.34mg (3.38%), Vitamin A: 146.02IU (2.92%), Calcium: 29.06mg (2.91%), Vitamin B2: 0.05mg (2.84%), Phosphorus: 27.89mg (2.79%), Zinc: 0.27mg (1.81%), Selenium: 1µg (1.43%)