



Grilled Mahimahi with Tamarind Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 3 tablespoons brown sugar dark packed
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 cup tamarind pulp (from a pliable block)
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup boiling-hot water

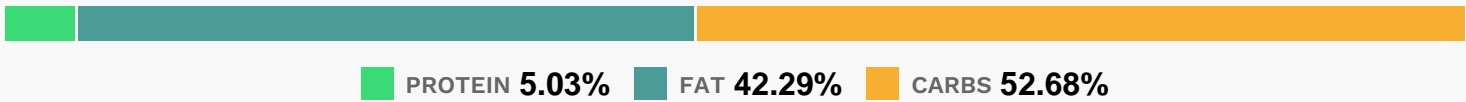
Equipment

- ☐ bowl
- ☐ sieve
- ☐ grill
- ☐ grill pan

Directions

- ☐ Soak tamarind pulp in boiling-hot water in a small bowl, stirring occasionally, until softened, about 5 minutes.
- ☐ Pour mixture into a medium-mesh sieve set into a bowl, then force pulp through sieve, discarding seeds and fibers.
- ☐ Add brown sugar, soy sauce, fish sauce, and lime juice, stirring until sugar is dissolved.
- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).
- ☐ Brush fish all over with oil, then sprinkle with salt. Grill, skin sides down, on lightly oiled grill rack, covered only if using gas grill, until skin is crisp, about 4 minutes. Turn fish over and grill until just cooked through, about 6 minutes more.
- ☐ Brush tamarind sauce all over fish and grill 1 minute.
- ☐ Serve with remaining sauce.
- ☐ Cooks' note
- ☐ If you aren't able to grill outdoors, fish can be cooked in a hot lightly oiled well-seasoned large ridged grill pan over moderately high heat.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:1.252608689763%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 55.86kcal (2.79%), Fat: 2.76g (4.25%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.4g (2.69%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 720.15mg (31.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin K: 5.18µg (4.93%), Magnesium: 13.95mg (3.49%), Vitamin B1: 0.03mg (1.91%), Potassium: 62.27mg (1.78%), Vitamin B3: 0.35mg (1.74%), Iron: 0.31mg (1.73%), Vitamin E: 0.23mg (1.55%), Manganese: 0.03mg (1.48%), Vitamin B6: 0.03mg (1.37%), Fiber: 0.34g (1.36%), Phosphorus: 12.07mg (1.21%), Calcium: 10.76mg (1.08%)