



Grilled Mahimahi with Tomato Vinaigrette



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 1 tablespoon capers drained
- 24 ounce mahimahi fillets (1/)
- 1 tablespoon olive oil
- 0.5 teaspoon sugar
- 6 medium tomatoes sliced

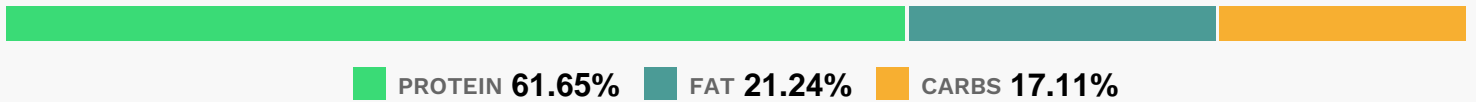
Equipment

- food processor
- bowl
- baking sheet
- knife
- grill
- broiler

Directions

- Preheat broiler.
- Arrange tomato slices on a large baking sheet. Coat slices with cooking spray, and broil 3 inches from heat 6 to 8 minutes or until browned.
- Position knife blade in food processor bowl; add tomato, vinegar, and next 3 ingredients. Process until smooth, stopping once to scrape down sides.
- Add capers, and set aside.
- Prepare grill.
- Coat grill rack with cooking spray.
- Place on grill over medium-hot coals (350 to 400).
- Place fillets on rack; grill, covered, 4 to 5 minutes on each side or until fish flakes easily when tested with a fork.
- Transfer fillets to a serving platter; top evenly with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:1.95, Inflammation Score:-7, Nutrition Score:13.830434778462%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 145.65kcal (7.28%), Fat: 3.39g (5.21%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 4.6g (1.67%), Sugar: 4.37g (4.86%), Cholesterol: 82.78mg (27.59%), Sodium: 144.15mg (6.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.13g (44.25%), Selenium: 41.41µg (59.16%), Vitamin B3: 7.66mg (38.29%), Vitamin B6: 0.55mg (27.63%), Vitamin A: 1231IU (24.62%), Potassium: 770.89mg (22.03%), Vitamin C: 16.91mg (20.49%), Phosphorus: 192.96mg (19.3%), Magnesium: 48.77mg (12.19%), Vitamin B12: 0.68µg (11.34%), Vitamin K: 11.59µg (11.03%), Vitamin B5: 0.96mg (9.61%), Iron: 1.7mg (9.42%), Manganese: 0.18mg (8.79%), Vitamin E: 1.01mg (6.75%), Copper: 0.13mg (6.33%), Vitamin B2: 0.1mg (6.17%), Fiber: 1.54g (6.16%), Folate: 24.44µg (6.11%), Zinc: 0.74mg (4.94%), Vitamin B1: 0.07mg (4.57%), Calcium: 31.68mg (3.17%)