



Macadamia-Crusted Mahimahi

READY IN



23 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter melted
- 2 tablespoons coconut milk light
- 0.3 cup macadamia nuts finely chopped
- 24 ounce mahimahi white firm
- 0.5 cup panko bread crumbs (Japanese breadcrumbs)

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 45

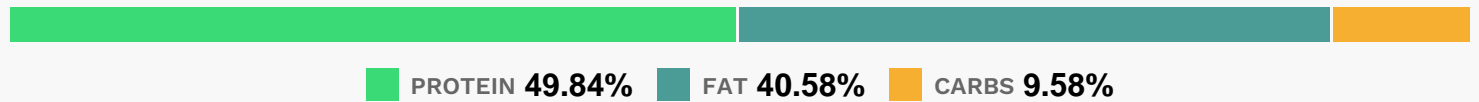
Sprinkle fish evenly with pepper.

Place fish on a baking sheet coated with cooking spray.

Bake at 450 for 5 minutes.

Combine butter and next 3 ingredients in a bowl; stir well. Press breadcrumb mixture on top of fish; bake an additional 10 minutes or until crust is browned and fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:17.866087099456%

Nutrients (% of daily need)

Calories: 284.71kcal (14.24%), Fat: 12.98g (19.96%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 5.8g (2.11%), Sugar: 0.85g (0.95%), Cholesterol: 92.57mg (30.86%), Sodium: 172.55mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.86g (71.72%), Selenium: 73.33µg (104.76%), Vitamin B12: 2.72µg (45.33%), Vitamin B3: 7.35mg (36.73%), Vitamin D: 5.27µg (35.15%), Phosphorus: 318.32mg (31.83%), Manganese: 0.49mg (24.69%), Vitamin B1: 0.24mg (16.18%), Potassium: 561.71mg (16.05%), Vitamin B6: 0.31mg (15.41%), Magnesium: 60.32mg (15.08%), Folate: 49.9µg (12.47%), Copper: 0.21mg (10.58%), Vitamin B5: 0.94mg (9.39%), Iron: 1.64mg (9.09%), Vitamin B2: 0.15mg (8.96%), Vitamin E: 0.81mg (5.43%), Zinc: 0.78mg (5.22%), Fiber: 1.09g (4.36%), Calcium: 39.25mg (3.92%), Vitamin K: 3.33µg (3.17%), Vitamin A: 88.15IU (1.76%)