

food
network



HEALTH SCORE

91%

Mahi Mahi



Gluten Free



Very Healthy

READY IN

**35 min.**

SERVINGS

**1**

CALORIES

**2108 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 asparagus peeled
- ☐ 1 serving pepper black freshly ground
- ☐ 1 teaspoon cajun spice
- ☐ 3 crab legs
- ☐ 1 tablespoon crab boil seasoning (recommended: Old Bay Seasoning)
- ☐ 1 pint cup heavy whipping cream
- ☐ 1 serving kosher salt
- ☐ 6 ounce mahi mahi fillet

- ☐ 2 tablespoons olive oil
- ☐ 1 bell pepper red thinly sliced
- ☐ 1 scallion thinly sliced
- ☐ 1 bell pepper yellow thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 450 degrees F. Bring a medium pot of salted water to a boil.
- ☐ In a small saucepot, reduce the cream over medium heat until it thickens or coats the back of a spoon.
- ☐ Add the crab boil seasoning and the Cajun seasoning. When the water boils, add the crab and cook through, about 4 to 5 minutes.
- ☐ Remove the crab and let cool. Pick the crab meat from the shells and add it to the cream. Keep warm.
- ☐ Fill a medium saute pan with about 1-inch of salted water, or enough to cover the asparagus.
- ☐ Heat the water over medium heat, add the asparagus, and cook slowly until the asparagus is bendable. Then plunge into a bowl of ice water for about 2 to 3 minutes.
- ☐ Heat the oil in a medium saute pan over medium-high heat. Season fish with salt and pepper.
- ☐ Place the fish in the hot pan and cook on both sides until golden brown, about 3 to 4 minutes.
- ☐ Place in the oven to cook through, about 5 to 6 minutes.
- ☐ To serve, spoon 1/2 of the cream onto a warm plate.
- ☐ Place the fish on top, and spoon the remainder of the cream over the fish.
- ☐ Serve with asparagus and top with the peppers and scallions.

Nutrition Facts



 PROTEIN **9.41%**  FAT **83.84%**  CARBS **6.75%**

Properties

Glycemic Index:143, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:54.724347985309%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 16.21mg, Quercetin: 16.21mg, Quercetin: 16.21mg, Quercetin: 16.21mg

Nutrients (% of daily need)

Calories: 2107.7kcal (105.39%), Fat: 201.33g (309.74%), Saturated Fat: 113.34g (708.39%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 29.43g (10.7%), Sugar: 21.23g (23.59%), Cholesterol: 660.12mg (220.04%), Sodium: 510.31mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.83g (101.66%), Vitamin C: 381.86mg (462.87%), Vitamin A: 13162.78IU (263.26%), Vitamin K: 136.59µg (130.09%), Selenium: 80.55µg (115.07%), Vitamin E: 12.05mg (80.35%), Vitamin B6: 1.59mg (79.37%), Vitamin B2: 1.32mg (77.54%), Vitamin B3: 14.26mg (71.29%), Phosphorus: 651.39mg (65.14%), Potassium: 1968.26mg (56.24%), Vitamin D: 7.57µg (50.47%), Folate: 178.55µg (44.64%), Calcium: 437.55mg (43.76%), Iron: 7.71mg (42.82%), Manganese: 0.79mg (39.7%), Magnesium: 142.72mg (35.68%), Vitamin B12: 2.05µg (34.13%), Vitamin B5: 3.39mg (33.94%), Fiber: 7.07g (28.29%), Copper: 0.54mg (26.89%), Vitamin B1: 0.39mg (25.91%), Zinc: 3.38mg (22.5%)