



Mahi Mahi Kebabs with Tropical Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 tablespoons honey
- ☐ 0.5 to 1 jalapeño minced seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 pounds mahi mahi steaks cut into 1 1/2-inch cubes
- ☐ 2 cups mangos diced
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 1 cup pineapple diced
- ☐ 1 bell pepper red chopped
- ☐ 0.5 cup onion red chopped
- ☐ 0.3 cup soya sauce

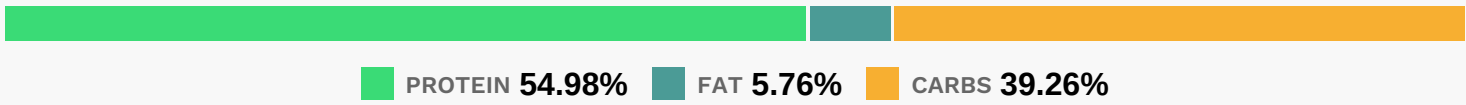
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Stir together first 7 ingredients in a large bowl; cover and chill.
- ☐ Stir together soy sauce and next 3 ingredients in a shallow dish.
- ☐ Add mahi mahi; cover and chill 30 minutes.
- ☐ Thread fish on 8 (12-inch) skewers. Grill, covered with lid, over medium-high heat (350 to 400 degrees F) 4 to 5 minutes on each side or until done.
- ☐ Serve with salsa mixture.

Nutrition Facts



Properties

Glycemic Index:86.92, Glycemic Load:14, Inflammation Score:-9, Nutrition Score:29.414782814358%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 323.34kcal (16.17%), Fat: 2.1g (3.23%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 29g (10.54%), Sugar: 26.6g (29.56%), Cholesterol: 165.56mg (55.19%), Sodium: 1013.66mg (44.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.02g (90.03%), Selenium: 83.68µg (119.54%), Vitamin C: 94.89mg (115.02%), Vitamin B3: 15.54mg (77.69%), Vitamin B6: 1.21mg (60.34%), Vitamin A: 2295.35IU (45.91%), Phosphorus: 374.47mg (37.45%), Potassium: 1277.49mg (36.5%), Manganese: 0.63mg (31.5%), Magnesium: 94.46mg (23.62%), Vitamin B12: 1.36µg (22.68%), Vitamin B5: 2.16mg (21.55%), Folate: 76.34µg (19.09%), Iron: 3.41mg (18.93%), Vitamin B2: 0.26mg (15.51%), Copper: 0.27mg (13.66%), Fiber: 3.14g (12.56%), Vitamin B1: 0.14mg (9.25%), Zinc: 1.38mg (9.18%), Vitamin E: 1.32mg (8.8%), Vitamin K: 6.51µg (6.2%), Calcium: 61.22mg (6.12%)