



Mahi Mahi Rockefeller

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



953 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon
- 1 tablespoon butter
- 0.3 cup evaporated milk as needed plus more
- 10 ounce pkt spinach frozen thawed drained chopped well
- 3 cloves garlic chopped
- 1 pinch garlic salt to taste
- 6 green onions chopped
- 1 pinch ground pepper black to taste

- 24 ounce mahi mahi fillets
- 2 cups monterrey jack cheese shredded
- 0.5 cup parmesan cheese shredded
- 2 dashes pepper sauce hot to taste

Equipment

- frying pan
- paper towels
- oven
- baking pan
- broiler

Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate, then chop. Set aside. Season mahi mahi with garlic salt and pepper.
- Heat a skillet over medium heat. Cook mahi mahi until it flakes easily, 10 to 15 minutes.
- Remove from skillet and place each filet on a baking dish.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- While the fish is cooking, melt the butter in a separate skillet. Stir in the green onions, garlic, and spinach. Cook and stir until heated through, 2 to 3 minutes. Stir in the chopped bacon, hot pepper sauce, and evaporated milk. Bring to a low simmer, then add the Monterey Jack cheese a little at a time until fully melted. Stir in more evaporated milk, if needed, to create a sauce. Divide the spinach mixture evenly over each mahi mahi fillet.
- Sprinkle with Parmesan cheese.
- Broil in the preheated oven until the cheese has melted and is lightly browned, 3 to 5 minutes more.

Nutrition Facts



■ PROTEIN 28.8% ■ FAT 67.45% ■ CARBS 3.75%

Properties

Glycemic Index:49.5, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:42.710000017415%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 953.29kcal (47.66%), Fat: 71.03g (109.27%), Saturated Fat: 30.8g (192.5%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 6.31g (2.29%), Sugar: 2.87g (3.19%), Cholesterol: 269.89mg (89.96%), Sodium: 1545.56mg (67.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.24g (136.48%), Vitamin K: 302.96µg (288.53%), Vitamin A: 9495.89IU (189.92%), Selenium: 100.96µg (144.23%), Phosphorus: 821.83mg (82.18%), Vitamin B3: 15.53mg (77.63%), Calcium: 751.2mg (75.12%), Vitamin B6: 1.21mg (60.35%), Vitamin B2: 0.7mg (41.14%), Potassium: 1342.29mg (38.35%), Vitamin B12: 2.24µg (37.29%), Magnesium: 146.61mg (36.65%), Folate: 135.28µg (33.82%), Zinc: 4.78mg (31.85%), Manganese: 0.62mg (30.81%), Vitamin B1: 0.45mg (29.93%), Iron: 4.57mg (25.41%), Vitamin B5: 2.28mg (22.79%), Vitamin E: 2.92mg (19.5%), Copper: 0.27mg (13.3%), Fiber: 2.58g (10.31%), Vitamin C: 8.32mg (10.09%), Vitamin D: 0.87µg (5.81%)