



Mahi-Mahi Skewers with Tapenade and Couscous

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon kosher salt divided
- ☐ 6 ounces couscous plain
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 pound mahi-mahi cut into 1-inch cubes
- ☐ 1 cup pico de gallo drained
- ☐ 0.3 cup frangelico

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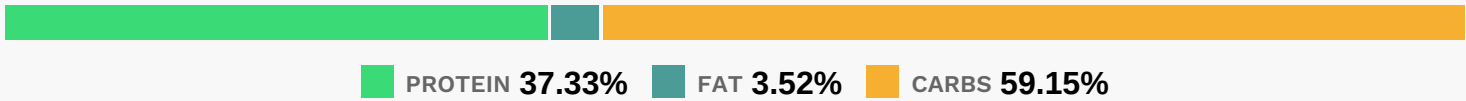
Equipment

- ☐ bowl
- ☐ broiler
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Preheat broiler. Bring 1 cup plus 2tablespoons water to boil in heavy mediumsaucepan. Stir in couscous and 1/2 teaspooncoarse salt.
- ☐ Remove from heat. Cover and letstand until water is absorbed and couscousis tender, about 10 minutes.
- ☐ Meanwhile, stir tapenade, lemon juice,1 teaspoon pepper, and 1/2 teaspoon coarsesalt in small bowl to blend.
- ☐ Transfer 31/2tablespoons tapenade mixture to anothersmall bowl and reserve for couscous.
- ☐ Thread fish pieces onto 4 metal skewers;arrange on broiler tray.
- ☐ Brush fish on bothsides with remaining tapenade mixture.Broil fish until just opaque in center, about4 minutes per side.
- ☐ Fluff couscous with fork. Gently stir inreserved tapenade mixture. Stir in pico degallo or serve it alongside. Mound couscouson plates. Top with fish skewers.
- ☐ Per serving: Calories 319g, Total fat 4g (1g saturated), Cholesterol 82mg, Sodium 833mg, Carbohydrate 42g, Fiber 2g, Protein 26g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:20.08, Inflammation Score:-5, Nutrition Score:12.997391427341%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 286.36kcal (14.32%), Fat: 1.11g (1.71%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 42g (14%), Net Carbohydrates: 39.71g (14.44%), Sugar: 5.6g (6.22%), Cholesterol: 82.78mg (27.59%), Sodium: 1084.28mg (47.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.5g (52.99%), Selenium: 41.43µg (59.18%), Vitamin B3: 8.42mg (42.09%), Vitamin B6: 0.51mg (25.35%), Phosphorus: 236.14mg (23.61%), Manganese: 0.42mg (20.77%), Potassium: 560.68mg (16.02%), Vitamin B5: 1.4mg (14.01%), Magnesium: 54.28mg (13.57%), Vitamin B12: 0.68µg (11.34%), Iron: 1.8mg (10.02%), Vitamin A: 473.58IU (9.47%), Vitamin C: 7.58mg (9.19%), Fiber: 2.29g (9.15%), Copper: 0.16mg (8.02%), Vitamin B2: 0.12mg (6.77%), Vitamin B1: 0.1mg (6.35%), Zinc: 0.89mg (5.92%), Folate: 16.51µg (4.13%), Calcium: 30.47mg (3.05%)