



HEALTH SCORE

53%

Mahi-Mahi with Blood Orange, Avocado, and Red Onion Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cubes avocado
- ☐ 2 teaspoons juice of lime fresh
- ☐ 12 ounce mahi-mahi
- ☐ 2 teaspoons olive oil
- ☐ 1 blood oranges
- ☐ 2 teaspoons jalapeno red minced
- ☐ 0.3 cup onion red chopped

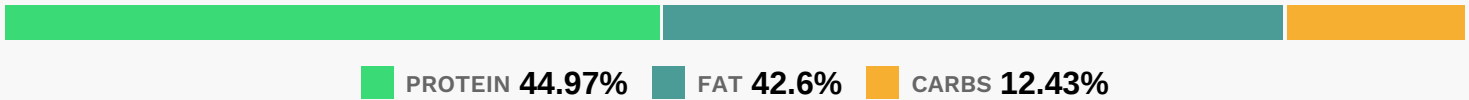
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Using small sharp knife, cut peel and white pith from orange. Working over small bowl, cut between membranes to release segments.
- ☐ Add avocado, onion, jalapeño, and lime juice to oranges in bowl; stir gently to blend. Season salsa to taste with salt.
- ☐ Heat oil in heavy medium skillet over medium-high heat.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Add fish to skillet and sauté until brown and cooked through, about 5 minutes per side.
- ☐ Place 1 fillet on each of 2 plates. Spoon salsa atop fish and serve.
- ☐ Although they look like regular navel oranges, Cara Cara oranges are tinged pink on the inside and taste a little sweeter. You'll find them at some supermarkets and farmers' markets.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:20.245217281839%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 291.52kcal (14.58%), Fat: 13.94g (21.45%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.47g (2.75%), Cholesterol: 124.17mg (41.39%), Sodium: 155.52mg (6.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.12g (66.24%), Selenium: 62.52µg (89.31%), Vitamin B3: 11.52mg (57.61%), Vitamin B6: 0.9mg (44.76%), Potassium: 1066.93mg (30.48%), Phosphorus: 285.46mg (28.55%), Vitamin C: 19.93mg (24.16%), Vitamin B5: 2.16mg (21.62%), Fiber: 4.67g (18.66%), Magnesium: 73.03mg (18.26%), Vitamin B12: 1.02µg (17.01%), Folate: 65.06µg (16.27%), Vitamin K: 15.66µg (14.91%), Iron: 2.39mg (13.26%), Vitamin E: 1.86mg (12.42%), Vitamin B2: 0.21mg (12.4%), Copper: 0.2mg (10.16%), Vitamin A: 457.11IU (9.14%), Zinc: 1.23mg (8.18%), Manganese: 0.16mg (7.78%), Vitamin B1: 0.1mg (6.42%), Calcium: 42.78mg (4.28%)