



Mahi Mahi With Cauliflower

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 head cauliflower cut into 1/2-inch pieces
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon ground coriander
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 servings lemon wedges for serving

- ☐ 24 ounce mahi mahi fillets skinless 3/
- ☐ 4 tablespoons butter unsalted

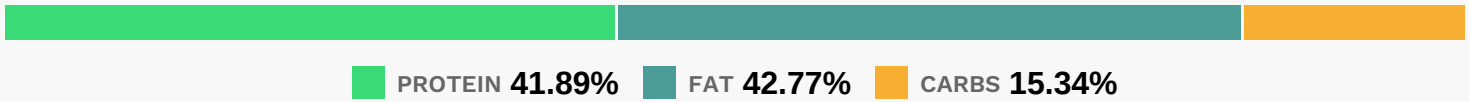
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F. Season the fish with salt and pepper.
- ☐ Heat 1 tablespoon butter in a large nonstick skillet over medium-high heat. Sear the fish until golden brown on one side, about 3 minutes.
- ☐ Transfer to a rimmed baking sheet, cooked-side up, and roast in the oven until just cooked through, about 10 minutes.
- ☐ Meanwhile, melt the remaining 3 tablespoons butter in the skillet over medium-high heat.
- ☐ Add the cauliflower and cook, stirring, until golden brown and crisp-tender, about 6 minutes.
- ☐ Add the almonds, raisins, coriander, 1/4 teaspoon salt, and pepper to taste; cook until the almonds are golden, about 2 minutes.
- ☐ Remove from the heat and stir in the lemon juice and parsley.
- ☐ Divide the fish among plates and serve with the cauliflower and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:39.04, Glycemic Load:4.67, Inflammation Score:-8, Nutrition Score:24.580434731815%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.82mg, Hesperetin:

0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 326.43kcal (16.32%), Fat: 15.72g (24.19%), Saturated Fat: 7.84g (49.03%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 9.95g (3.62%), Sugar: 7.15g (7.94%), Cholesterol: 154.27mg (51.42%), Sodium: 369.92mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.64g (69.29%), Selenium: 63µg (90%), Vitamin K: 73.94µg (70.42%), Vitamin B3: 11.11mg (55.57%), Vitamin C: 41.93mg (50.82%), Vitamin B6: 0.86mg (42.81%), Phosphorus: 319.45mg (31.94%), Potassium: 1063.27mg (30.38%), Magnesium: 83.38mg (20.85%), Vitamin A: 972.44IU (19.45%), Vitamin B5: 1.83mg (18.32%), Vitamin B12: 1.04µg (17.41%), Iron: 2.87mg (15.92%), Manganese: 0.31mg (15.32%), Vitamin B2: 0.25mg (14.98%), Folate: 59.26µg (14.81%), Vitamin E: 1.9mg (12.67%), Fiber: 2.73g (10.94%), Copper: 0.2mg (10%), Zinc: 1.25mg (8.31%), Calcium: 71.62mg (7.16%), Vitamin B1: 0.09mg (5.87%), Vitamin D: 0.21µg (1.4%)