



Mahi-Mahi with Fresh Cilantro Chutney



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cilantro leaves fresh packed chopped ()
- ☐ 1 large garlic clove peeled
- ☐ 2 servings ground cumin
- ☐ 2 teaspoons jalapeno chopped
- ☐ 1 large kiwi fruit cubed peeled
- ☐ 12 ounce mahi-mahi
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup coconut milk unsweetened canned

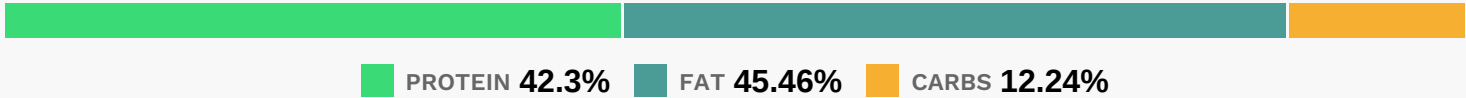
Equipment

☐ frying pan

Directions

- ☐ Coarsely puree first 5 ingredients in processor. Season chutney with salt and pepper.
- ☐ Sprinkle fish with salt, pepper, and cumin.
- ☐ Heat oil in medium skillet over medium heat.
- ☐ Add fish. Sauté until just opaque in center, about 5 minutes per side.
- ☐ Transfer to plates; top with chutney.
- ☐ *Sold at many supermarkets and at Indian, Southeast Asian, and Latin markets.
- ☐ One serving contains the following: Calories (kcal) 334.34; % Calories from Fat 42.7; Fat (g) 15.85; Saturated Fat (g) 7.71; Cholesterol (mg) 146.56; Carbohydrates (g) 9.23; Dietary Fiber (g) 3.13; Total Sugars (g) 5.24; Net Carbs (g) 5.93; Protein (g) 38.48
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:75.83, Glycemic Load:2.87, Inflammation Score:-8, Nutrition Score:22.803043489871%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 311.13kcal (15.56%), Fat: 15.82g (24.34%), Saturated Fat: 7.65g (47.82%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 7.06g (2.57%), Sugar: 5.41g (6.01%), Cholesterol: 124.17mg (41.39%), Sodium: 162.37mg (7.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.25%), Selenium: 64.39µg (91.99%), Vitamin B3:

10.98mg (54.91%), Vitamin C: 43.46mg (52.68%), Vitamin K: 48.38µg (46.08%), Vitamin B6: 0.77mg (38.69%), Phosphorus: 301.13mg (30.11%), Potassium: 954.64mg (27.28%), Manganese: 0.44mg (22.11%), Magnesium: 76.27mg (19.07%), Vitamin A: 952.34IU (19.05%), Iron: 3.41mg (18.92%), Vitamin B12: 1.02µg (17.01%), Vitamin B5: 1.48mg (14.84%), Vitamin E: 2.06mg (13.72%), Copper: 0.24mg (12.2%), Fiber: 2.53g (10.1%), Vitamin B2: 0.15mg (8.93%), Folate: 31.59µg (7.9%), Zinc: 1.16mg (7.73%), Calcium: 64.29mg (6.43%), Vitamin B1: 0.07mg (4.72%)