



## Mahi Mahi with Mango-Vanilla Coulis

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 1 piece ginger finely minced peeled
- 16 ounce pacific halibut filets
- 0.3 teaspoon kosher salt
- 1 teaspoon kosher salt
- 1 medium mangos peeled seeded cut into 1/2-inch pieces to yield 1 1/4 cups,
- 1 tablespoon olive oil extra-virgin

- 0.5 cup squeezed orange juice fresh
- 1 tablespoon butter unsalted at room temperature
- 3 tablespoons butter unsalted at room temperature
- 1 vanilla pod

## Equipment

- frying pan
- sauce pan
- knife
- whisk
- blender

## Directions

- Watch how to make this recipe.
- Combine the mango, orange juice, 1/4 cup water, ginger, salt and pepper in a blender. Blend until smooth and pour into a small saucepan.
- Cut the vanilla bean in half lengthwise and scrape the seeds into the saucepan using a paring knife.
- Add the empty vanilla pods. Bring the mixture to a boil over medium-high heat. Reduce the heat and simmer, about 6 minutes.
- Remove and discard the vanilla pods.
- Whisk in the butter until smooth.
- Heat the butter and oil over medium-high heat in a 12-inch nonstick skillet.
- Sprinkle the fish with the salt and pepper on both sides. Cook the fish until the fish flakes easily with a fork, 6 to 8 minutes on each side.
- Arrange the fish on a platter and spoon the coulis on top.

## Nutrition Facts

 **PROTEIN 30.61%**  **FAT 52.89%**  **CARBS 16.5%**

## Properties

Glycemic Index:58.19, Glycemic Load:5.31, Inflammation Score:-7, Nutrition Score:17.1699999993366%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 284.63kcal (14.23%), Fat: 16.83g (25.9%), Saturated Fat: 8.07g (50.43%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 10.81g (3.93%), Sugar: 9.73g (10.82%), Cholesterol: 85.67mg (28.56%), Sodium: 806.55mg (35.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.83%), Selenium: 52.22µg (74.6%), Vitamin C: 34.42mg (41.73%), Vitamin B3: 7.88mg (39.38%), Vitamin D: 5.54µg (36.93%), Vitamin B6: 0.7mg (34.98%), Phosphorus: 284.58mg (28.46%), Vitamin B12: 1.27µg (21.19%), Vitamin A: 1049.48IU (20.99%), Potassium: 657.18mg (18.78%), Vitamin E: 2.01mg (13.38%), Folate: 45.83µg (11.46%), Magnesium: 36.25mg (9.06%), Vitamin B1: 0.1mg (6.7%), Vitamin B5: 0.57mg (5.73%), Vitamin K: 5.8µg (5.53%), Copper: 0.11mg (5.4%), Manganese: 0.1mg (4.79%), Vitamin B2: 0.07mg (4.05%), Fiber: 1g (4.02%), Zinc: 0.49mg (3.3%), Calcium: 22.55mg (2.25%), Iron: 0.4mg (2.2%)