



Mahi Mahi y Mango Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup blackening seasoning
- ☐ 3 tablespoons brown sugar
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 16 ounce mahi mahi steaks
- ☐ 1 mangos diced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion diced
- ☐ 15 ounce pineapple chunks drained canned

☐ 0.3 cup red wine

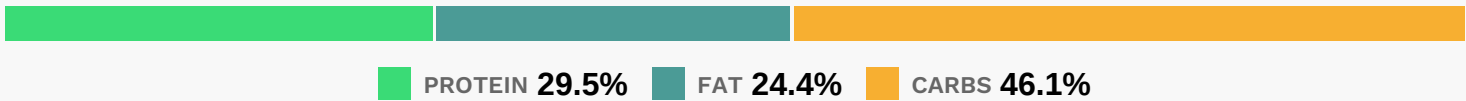
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ stove

Directions

- ☐ Heat 2 tablespoons olive oil in a large skillet over medium heat. Cook and stir onion in hot oil until softened slightly, about 3 minutes. Stir brown sugar with the onion; cook until sugar dissolves, about 1 minute.
- ☐ Add mango, pineapple, and red wine; simmer until hot, 3 to 5 minutes.
- ☐ Transfer mixture to a bowl. Return skillet to stove.
- ☐ Heat 2 tablespoons olive oil in the skillet. Season mahi mahi steaks with salt and black pepper. Coat steaks entirely with blackening seasoning. Cook steaks in hot oil until until the fish flakes easily with a fork, 3 to 4 minutes per side. Plate the steaks and top with the mango salsa to serve.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:3.87, Inflammation Score:-7, Nutrition Score:15.086086915887%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg
Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg,
Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg
Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 304.31kcal (15.22%), Fat: 8.12g (12.49%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 34.52g (11.51%), Net
Carbohydrates: 32.12g (11.68%), Sugar: 31.5g (35%), Cholesterol: 82.78mg (27.59%), Sodium: 4044.24mg (175.84%),
Alcohol: 1.59g (100%), Alcohol %: 0.62% (100%), Protein: 22.09g (44.17%), Selenium: 42.32µg (60.46%), Vitamin B3:
7.62mg (38.11%), Vitamin C: 29.57mg (35.84%), Vitamin B6: 0.62mg (30.97%), Potassium: 737.52mg (21.07%),
Phosphorus: 183.71mg (18.37%), Vitamin A: 818.25IU (16.37%), Magnesium: 58.92mg (14.73%), Copper: 0.23mg
(11.44%), Vitamin B12: 0.68µg (11.34%), Iron: 1.86mg (10.36%), Vitamin B1: 0.15mg (10.07%), Vitamin E: 1.5mg (9.99%),
Vitamin B5: 0.98mg (9.83%), Fiber: 2.41g (9.62%), Folate: 35.39µg (8.85%), Vitamin B2: 0.13mg (7.58%), Vitamin K:
7.4µg (7.04%), Calcium: 51.19mg (5.12%), Manganese: 0.1mg (5.04%), Zinc: 0.72mg (4.78%)