



Mahimahi Fajitas

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 8 flour tortillas
- 1 teaspoon garlic powder
- 8 oz bell pepper green
- 1 tablespoon ground cumin
- 0.5 cup mango-blend juice
- 2 tablespoons juice of lime
- 1 pound mahimahi fillets

- 8 oz onion
- 8 oz bell pepper red
- 1.5 tablespoons salad oil
- 0.5 teaspoon salt
- 8 oz bell pepper yellow

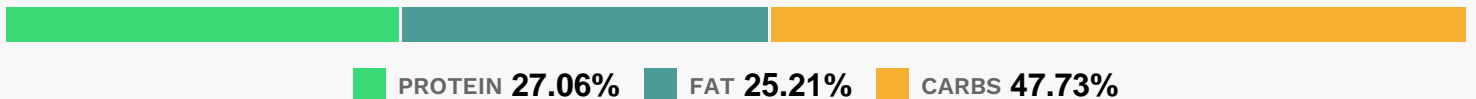
Equipment

- bowl
- frying pan

Directions

- Rinse fish and pat dry; cut fillets crosswise into 1-inch-wide strips. In a small bowl, mix cumin, chili powder, garlic powder, and salt. Rub fish all over with spice mixture. Rinse, core, and seed bell peppers; cut lengthwise into 1/4-inch-wide slices.
- Pour 1 tablespoon oil into a 10- to 12-inch nonstick frying pan over medium-high heat. When hot, add onion and bell peppers and stir frequently until limp, 5 to 6 minutes.
- Transfer to a plate. In the same pan, heat remaining 1/2 tablespoon oil; add fish and cook, turning once, until fish is browned on both sides, about 4 minutes total.
- Add mango juice and bring to a boil. Cook until fish is opaque but still moist-looking in the center of the thickest part (cut to test), 2 to 3 more minutes.
- Add bell pepper mixture and lime juice to fish and stir just until heated through.
- Serve with warm flour tortillas.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:8.58, Inflammation Score:-9, Nutrition Score:22.046956373298%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

Nutrients (% of daily need)

Calories: 280.23kcal (14.01%), Fat: 7.97g (12.26%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 29.44g (10.71%), Sugar: 7.78g (8.65%), Cholesterol: 55.19mg (18.4%), Sodium: 584.4mg (25.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.48%), Vitamin C: 152.71mg (185.1%), Selenium: 37.32µg (53.32%), Vitamin A: 1946.53IU (38.93%), Vitamin B3: 7.54mg (37.69%), Vitamin B6: 0.68mg (33.78%), Phosphorus: 241.13mg (24.11%), Manganese: 0.47mg (23.4%), Iron: 3.8mg (21.13%), Potassium: 722.33mg (20.64%), Vitamin B1: 0.3mg (20.24%), Folate: 80.77µg (20.19%), Fiber: 4.49g (17.98%), Vitamin B2: 0.25mg (14.64%), Magnesium: 55.58mg (13.9%), Vitamin E: 1.92mg (12.77%), Vitamin K: 11.67µg (11.12%), Calcium: 105.6mg (10.56%), Copper: 0.19mg (9.39%), Vitamin B5: 0.93mg (9.32%), Vitamin B12: 0.45µg (7.56%), Zinc: 0.96mg (6.41%)