



Mahimahi with Charred Onion, Tomatoes, and Tapenade Vinaigrette

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound cherry tomatoes
- ☐ 4 servings parmesan couscous plain
- ☐ 24 ounces mahimahi fillets skinless ()
- ☐ 6 tablespoons olive oil divided
- ☐ 1 medium onion red cut lengthwise into 1/2-inch-thick wedges
- ☐ 1 tablespoon red-wine vinegar
- ☐ 2 teaspoons tapenade green black (olive paste)

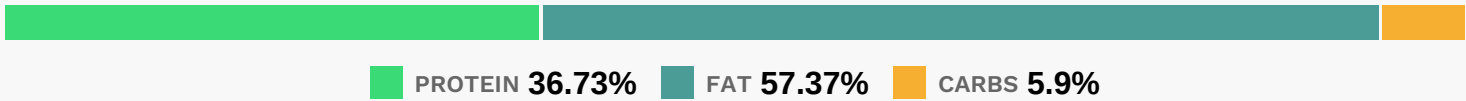
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler and line a large shallow baking pan with foil.
- ☐ Toss onion and tomatoes with 3 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in lined baking pan, then spread evenly in one half of pan.
- ☐ Pat fish dry and sprinkle with 1/4 teaspoon each of salt and pepper, then arrange, skinned side down and spaced apart, next to vegetables in other half of pan.
- ☐ Drizzle fish with 1 tablespoon oil and broil 4 to 6 inches from heat until vegetables are charred and slightly wilted and fish is just cooked thorough, 12 to 15 minutes.
- ☐ Meanwhile, whisk together vinegar, tapenade, 1/4 teaspoon pepper, and remaining 2 tablespoons oil.
- ☐ Serve fish and vegetables over couscous. Stir pan juices into vinaigrette and drizzle on top.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:22.910434577776%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 474.84kcal (23.74%), Fat: 30.06g (46.25%), Saturated Fat: 8.17g (51.03%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 5.89g (2.14%), Sugar: 3.52g (3.92%), Cholesterol: 144.57mg (48.19%), Sodium: 641.46mg (27.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.3g (86.61%), Selenium: 69.4µg (99.14%), Vitamin B3: 10.94mg (54.71%), Phosphorus: 483.53mg (48.35%), Vitamin B6: 0.81mg (40.39%), Calcium: 396.83mg (39.68%), Potassium: 962.43mg (27.5%), Vitamin C: 21.44mg (25.99%), Vitamin E: 3.57mg (23.81%), Vitamin B12: 1.38µg (23.01%), Vitamin A: 956.91IU (19.14%), Magnesium: 74.78mg (18.7%), Iron: 2.94mg (16.33%), Vitamin B5: 1.56mg (15.55%), Vitamin K: 15.64µg (14.9%), Vitamin B2: 0.24mg (14.4%), Zinc: 1.77mg (11.83%), Manganese: 0.16mg (7.9%), Copper: 0.15mg (7.71%), Folate: 26.89µg (6.72%), Vitamin B1: 0.09mg (5.93%), Fiber: 1.06g (4.25%)