



Mahimahi with Onion, Capers, and Lemon

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons capers in brine rinsed drained coarsely chopped ()
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 24 oz mahi-mahi with skin thick ()
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion halved lengthwise thinly sliced
- ☐ 0.8 teaspoon salt

- ☐ 3 tablespoons butter unsalted
- ☐ 3 tablespoons water

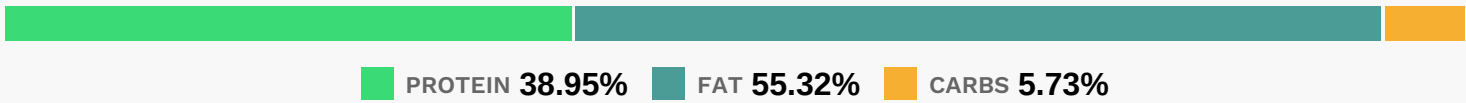
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion, stirring frequently, until golden, about 6 minutes. Stir in water and 1/4 teaspoon pepper and cook, stirring, until onion is softened, about 1 minute. Stir in butter until melted, then stir in capers and lemon juice.
- ☐ Remove from heat and keep warm, covered.
- ☐ Preheat broiler.
- ☐ Pat fish dry, then brush all over with remaining tablespoon oil and sprinkle with salt and remaining 1/4 teaspoon pepper. Put fillets, skin sides down, on rack of a broiler pan and broil about 5 inches from heat until just cooked through, 6 to 8 minutes.
- ☐ Serve fish topped with onion mixture and sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:17.790000189906%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg, Quercetin: 18.01mg

Quercetin: 18.01mg, Quercetin: 18.01mg

Nutrients (% of daily need)

Calories: 332.48kcal (16.62%), Fat: 20.34g (31.3%), Saturated Fat: 7.2g (45.01%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 3.75g (1.36%), Sugar: 1.88g (2.08%), Cholesterol: 146.75mg (48.92%), Sodium: 756.54mg (32.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Selenium: 62.47µg (89.25%), Vitamin B3: 10.5mg (52.5%), Vitamin K: 41.89µg (39.9%), Vitamin B6: 0.73mg (36.7%), Phosphorus: 259.54mg (25.95%), Potassium: 791.53mg (22.62%), Vitamin B12: 1.04µg (17.31%), Vitamin A: 748.01IU (14.96%), Magnesium: 59.08mg (14.77%), Vitamin B5: 1.36mg (13.59%), Iron: 2.32mg (12.9%), Vitamin E: 1.85mg (12.32%), Vitamin C: 9.32mg (11.3%), Vitamin B2: 0.14mg (8.52%), Zinc: 0.91mg (6.04%), Copper: 0.12mg (5.92%), Manganese: 0.12mg (5.82%), Folate: 22.28µg (5.57%), Calcium: 44.2mg (4.42%), Fiber: 0.99g (3.95%), Vitamin B1: 0.06mg (3.81%), Vitamin D: 0.16µg (1.05%)