



WHATSheATE



## Mahimahi with Pineapple Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown sugar packed
- ☐ 2 teaspoons canola oil
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon scotch bonnet peppers minced seeded
- ☐ 1 teaspoon kosher salt divided

- ☐ 3 tablespoons juice of lime fresh
- ☐ 36 ounce mahi-mahi
- ☐ 3 cups pineapple fresh cut into 1/2-inch pieces
- ☐ 1 cup bell pepper red finely chopped
- ☐ 1.5 cups onion red finely chopped
- ☐ 0.3 cup rum

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

## Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion and next 4 ingredients (through garlic); stir in 1/2 teaspoon salt. Cook 4 minutes, stirring constantly.
- ☐ Add rum to pan; cook 20 seconds or until liquid evaporates. Stir in pineapple, sugar, and juice; bring to a boil. Cook 15 minutes or until liquid thickens.
- ☐ Remove from heat; cool slightly. Stir in cilantro.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle both sides of fish evenly with remaining 1/2 teaspoon salt and black pepper.
- ☐ Add fish to pan; cook 6 minutes on each side or until desired degree of doneness.
- ☐ Serve with chutney.
- ☐ Wine note: Even if you usually drink only bone-dry wines, make an exception here. This sweet-hot chutney calls for a wine with a touch of sugar. Slightly off-dry Stanza 2008 Gewrztraminer (\$1 from California's Monterey County (a wine region that's taking off) is full of lively white peach, spicy green apple, sweet jasmine, green herbs, and orange zest that match this tropical dish for fruit, spice, and exotic spirit. --Sara Schneider

## Nutrition Facts

 **PROTEIN 44.17%**  **FAT 8.38%**  **CARBS 47.45%**

Properties

Glycemic Index:47.78, Glycemic Load:6.91, Inflammation Score:-8, Nutrition Score:23.693478262943%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 316.95kcal (15.85%), Fat: 2.76g (4.25%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 32.7g (11.89%), Sugar: 28.84g (32.05%), Cholesterol: 124.17mg (41.39%), Sodium: 546.42mg (23.76%), Alcohol: 3.34g (100%), Alcohol %: 1.18% (100%), Protein: 32.73g (65.46%), Vitamin C: 77.84mg (94.36%), Selenium: 62.71µg (89.58%), Vitamin B3: 11.13mg (55.67%), Vitamin B6: 0.92mg (45.8%), Manganese: 0.91mg (45.45%), Potassium: 952.71mg (27.22%), Phosphorus: 271.76mg (27.18%), Vitamin A: 1148.93IU (22.98%), Magnesium: 71.14mg (17.79%), Vitamin B12: 1.02µg (17.01%), Vitamin B5: 1.62mg (16.21%), Iron: 2.53mg (14.05%), Folate: 43.7µg (10.92%), Vitamin B2: 0.18mg (10.64%), Copper: 0.2mg (9.99%), Fiber: 2.46g (9.82%), Vitamin B1: 0.14mg (9.03%), Zinc: 1.04mg (6.94%), Calcium: 65.31mg (6.53%), Vitamin E: 0.68mg (4.52%), Vitamin K: 3.42µg (3.26%)