



Mahimahi with Sage Garlic Chips

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon sage dried
- 12 cloves garlic cut into thin slices
- 0.5 teaspoon fresh-ground pepper black
- 0.5 cup olive oil
- 0.8 teaspoon salt
- 4 mahimahi steaks (2 pounds in all)

Equipment

- bowl

- sauce pan
- grill
- broiler

Directions

- In a small saucepan, combine the oil, garlic, sage, and 1/4 teaspoon each of the salt and pepper. Cook over low heat, stirring occasionally, until the garlic just starts to brown, 8 to 10 minutes. Don't let it brown thoroughly, or it will taste bitter. Strain the oil into a small bowl, reserving the cooked garlic.
- Light the grill or heat the broiler.
- Brush some of the oil over the fish and then season with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill or broil the fish, basting with the oil, for 4 minutes. Turn and cook, basting with the oil, until just done, 3 to 4 minutes longer. You should have about 2 tablespoons of the flavored oil remaining.
- To serve, drizzle the remaining oil over the fish. Top with the cooked garlic.
- Fish Alternatives: Try another firm fish, such as mako shark, swordfish, or tuna steaks.
- Variations: Mahimahi with Thyme Garlic Chips: Use 1 tablespoon dried thyme in place of the sage.
- Mahimahi with Oregano Garlic Chips: Use 1 tablespoon dried oregano in place of the sage.
- Wine Recommendation: Garlic invites refreshing sips between bites but can overwhelm many wines. Try an easy-drinking ros or a white zinfandel from California.

Nutrition Facts

PROTEIN 34.45% **FAT 62.98%** **CARBS 2.57%**

Properties

Glycemic Index:15.5, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:22.655651960684%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 533.43kcal (26.67%), Fat: 37.47g (57.65%), Saturated Fat: 15.01g (93.8%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.1g (0.11%), Cholesterol: 137.86mg (45.95%), Sodium: 555.29mg (24.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.12g (92.25%), Selenium: 56.45µg (80.65%), Zinc: 11.73mg (78.17%), Vitamin B12: 3.75µg (62.53%), Vitamin B3: 11.16mg (55.8%), Vitamin B6: 1.03mg (51.38%), Phosphorus: 340.06mg (34.01%), Vitamin B2: 0.55mg (32.48%), Iron: 4.24mg (23.55%), Potassium: 650.59mg (18.59%), Vitamin K: 15.78µg (15.02%), Vitamin B1: 0.22mg (14.73%), Magnesium: 52.29mg (13.07%), Copper: 0.21mg (10.53%), Manganese: 0.2mg (9.96%), Vitamin E: 0.82mg (5.5%), Calcium: 41.8mg (4.18%), Vitamin C: 2.97mg (3.6%), Folate: 8.46µg (2.12%), Fiber: 0.45g (1.82%), Vitamin D: 0.23µg (1.51%), Vitamin A: 65.58IU (1.31%)