



 **57%**
HEALTH SCORE

Mahimahi with Thai Green Curry

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



4

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz coconut milk canned
- 4 servings rice cooked
- 1 cup basil leaves fresh divided
- 4 servings lime wedges
- 4 fillet mahimahi thick (each 1 in. and 6 oz.)
- 2 large bell peppers red seeded cut into rings
- 2 tablespoons sugar
- 2 tablespoons thai fish sauce

4 tablespoons thai curry paste green

Equipment

paper towels

sauce pan

blender

grill

spatula

tongs

Directions

Heat grill to high (450 to 550).

Pure 2/3 cup basil leaves, 1 can coconut milk, and the curry paste in a blender. Cook mixture in a saucepan over medium-high heat, stirring, until bubbly, 2 to 3 minutes.

Add remaining can coconut milk, 1/2 cup water, the fish sauce, and sugar. Cook sauce at a low boil until thickened, 10 minutes.

Coat fish with 3 to 4 tbsp. sauce. Coat peppers with about 2 tbsp. sauce.

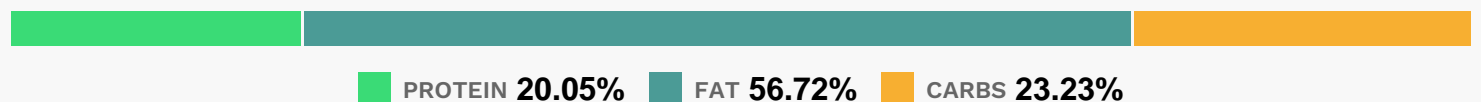
Oil cooking grate, using tongs and a wad of oiled paper towels. Grill peppers, covered, turning once, until browned, 4 to 5 minutes.

Transfer to a plate. Grill fish, covered, turning once, until just cooked through, 3 to 5 minutes. With a wide spatula, carefully transfer to another plate.

Spoon rice onto a large platter and top with fish. Thinly slice remaining basil. Spoon half of sauce over fish, top with peppers, and sprinkle with basil.

Serve with lime wedges and more sauce.

Nutrition Facts



Properties

Glycemic Index:78.27, Glycemic Load:29.2, Inflammation Score:-10, Nutrition Score:39.369565341784%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg,
Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg,
Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin:
0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 770.13kcal (38.51%), Fat: 50.04g (76.99%), Saturated Fat: 42.77g (267.31%), Carbohydrates: 46.1g
(15.37%), Net Carbohydrates: 39.01g (14.19%), Sugar: 17.53g (19.47%), Cholesterol: 124.1mg (41.37%), Sodium:
890.53mg (38.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.81g (79.62%), Vitamin C: 113.19mg
(137.2%), Manganese: 2.4mg (119.91%), Selenium: 81.24µg (116.05%), Vitamin A: 5554IU (111.08%), Vitamin B3:
13.26mg (66.3%), Vitamin B6: 1.1mg (55.15%), Phosphorus: 501.01mg (50.1%), Potassium: 1474.54mg (42.13%),
Magnesium: 163.4mg (40.85%), Iron: 6.34mg (35.24%), Copper: 0.69mg (34.73%), Fiber: 7.08g (28.33%), Vitamin K:
29.12µg (27.74%), Vitamin B5: 2.23mg (22.32%), Folate: 89.09µg (22.27%), Zinc: 2.77mg (18.48%), Vitamin B12:
1.06µg (17.72%), Vitamin B2: 0.21mg (12.35%), Vitamin E: 1.68mg (11.17%), Calcium: 106.77mg (10.68%), Vitamin B1:
0.15mg (9.94%)