



Mango-Miso Mahi Mahi with Lentils and Vine-ripened Tomatoes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings pepper black freshly ground
- ☐ 5 tablespoons macadamia nut oil divided
- ☐ 4 tablespoons mint leaves fresh finely chopped
- ☐ 0.7 cup lentils uncooked
- ☐ 24 ounce mahi mahi fillets skinless
- ☐ 1 tablespoon mirin

- ☐ 2 tablespoons orange juice concentrate
- ☐ 2 tablespoons rice wine vinegar
- ☐ 2 tablespoons sake
- ☐ 4 servings salt
- ☐ 0.3 teaspoon sea salt fine
- ☐ 4 vine-ripened and/or tomatoes red yellow seeded cut into quarters
- ☐ 0.5 cup watercress sprigs
- ☐ 3 tablespoons miso white

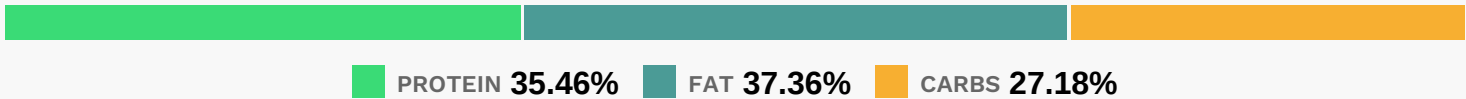
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wok

Directions

- ☐ Prepare lentils according to package directions.
- ☐ Combine lentils with mint, vinegar and 4 tablespoons macadamia nut oil. Season to taste with salt and pepper. Refrigerate until serving.
- ☐ Whisk together mango, miso, mirin, and sake in a small bowl.
- ☐ Sprinkle fillets with 1/4 teaspoon each sea salt and black pepper.
- ☐ Heat remaining 1 tablespoon macadamia nut oil in wok over high heat. Sear fillets quickly on both sides until browned but not cooked through.
- ☐ Brush fillets with mango-miso mixture, and turn over. Cook fish over medium heat 6 minutes or until just opaque throughout.
- ☐ Serve fillets over lentil salad with tomatoes and watercress.

Nutrition Facts



Properties

Glycemic Index:67.4, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:32.851304385973%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 492.84kcal (24.64%), Fat: 20.12g (30.95%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 20.45g (7.43%), Sugar: 7.88g (8.76%), Cholesterol: 124.17mg (41.39%), Sodium: 1009.14mg (43.88%), Alcohol: 1.63g (100%), Alcohol %: 0.53% (100%), Protein: 42.96g (85.92%), Selenium: 65.86µg (94.08%), Vitamin B3: 12.23mg (61.16%), Vitamin B6: 1.01mg (50.44%), Fiber: 12.48g (49.91%), Folate: 194.47µg (48.62%), Phosphorus: 449.19mg (44.92%), Potassium: 1425.56mg (40.73%), Manganese: 0.81mg (40.38%), Vitamin C: 32.4mg (39.27%), Vitamin K: 38.55µg (36.72%), Vitamin A: 1731.61IU (34.63%), Magnesium: 118.12mg (29.53%), Iron: 5.31mg (29.48%), Vitamin B1: 0.4mg (26.66%), Vitamin E: 3.97mg (26.49%), Vitamin B5: 2.19mg (21.88%), Copper: 0.39mg (19.52%), Zinc: 2.93mg (19.5%), Vitamin B12: 1.03µg (17.18%), Vitamin B2: 0.27mg (15.97%), Calcium: 85.12mg (8.51%)