



Mediterranean Mahi Mahi with Olive and Shallot Tapenade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chives fresh chopped
- 3 tablespoons thyme leaves fresh chopped
- 10 cloves garlic divided minced
- 24 ounce mahi mahi steaks
- 10 tablespoon olive oil divided
- 1 cup brined olives mixed pitted (such as kalamata, picholine, and niçoise)
- 3 tablespoons oregano fresh chopped

- 0.5 teaspoon pepper divided freshly ground
- 0.8 teaspoon salt divided
- 2 shallots thinly sliced

Equipment

- bowl
- frying pan
- blender
- cheesecloth

Directions

- Combine 2 tablespoons olive oil, 2 tablespoons garlic, and oregano in a small bowl. Stir in 1/2 teaspoon salt and 1/4 teaspoon pepper. Rub fish with oregano mixture. Cover and chill 1 hour.
- Meanwhile, soak olives in cold water 30 minutes.
- Drain, and soak in cold water 30 additional minutes.
- Drain. Chop olives and set aside.
- Place 4 tablespoons oil and chives in a blender; process until combined. Strain chive mixture through cheesecloth into a small bowl, if desired, and set aside.
- Heat 2 tablespoons olive oil in a large skillet over medium-high heat.
- Add shallots; saut 2 minutes. Stir in remaining 2 tablespoons garlic, thyme, and olives; cook 3 minutes or until heated. Stir in remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- Remove from heat; cover and keep warm.
- Heat remaining 2 tablespoons oil in a large skillet over medium-high heat until hot. Saut fish, skin side up, 3 to 5 minutes. Turn, and saut 4 to 5 minutes, or until fish flakes with a fork.
- Place fish on individual serving plates. Spoon olive mixture evenly over steaks, and drizzle with chive mixture.
- Serve immediately.

Nutrition Facts



■ PROTEIN 24.31% ■ FAT 68.38% ■ CARBS 7.31%

Properties

Glycemic Index:46.75, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:23.768261246059%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 539.71kcal (26.99%), Fat: 41.68g (64.12%), Saturated Fat: 5.93g (37.08%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 5.89g (2.14%), Sugar: 1.44g (1.6%), Cholesterol: 124.17mg (41.39%), Sodium: 1117.22mg (48.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.34g (66.68%), Selenium: 63.81µg (91.16%), Vitamin B3: 10.82mg (54.11%), Vitamin K: 50.82µg (48.4%), Vitamin E: 7.03mg (46.86%), Vitamin B6: 0.89mg (44.43%), Phosphorus: 276.52mg (27.65%), Iron: 4.93mg (27.36%), Manganese: 0.51mg (25.36%), Potassium: 883.99mg (25.26%), Magnesium: 79.26mg (19.81%), Vitamin A: 863.39IU (17.27%), Vitamin B12: 1.02µg (17.01%), Fiber: 4.13g (16.5%), Vitamin C: 13.28mg (16.1%), Calcium: 146.44mg (14.64%), Vitamin B5: 1.43mg (14.32%), Vitamin B2: 0.18mg (10.59%), Copper: 0.2mg (10.21%), Zinc: 1.15mg (7.65%), Folate: 27.91µg (6.98%), Vitamin B1: 0.08mg (5%)