



Pan-Seared Mahi-Mahi with Oranges and Olives

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.8 cup olives green pitted halved
- ☐ 36 ounce mahi-mahi fillets ()
- ☐ 2 tablespoons olive oil divided
- ☐ 0.8 cup orange juice fresh

- ☐ 2 teaspoons orange peel finely grated
- ☐ 3 oranges peeled cut into segments
- ☐ 0.5 teaspoon saffron threads crumbled
- ☐ 0.3 cup shallots chopped

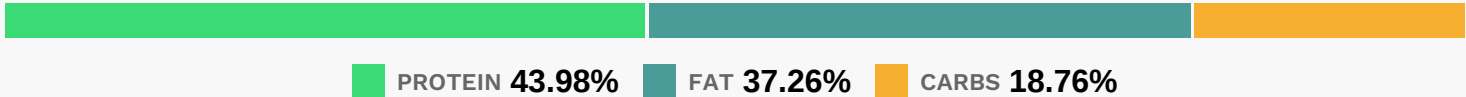
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place fish in shallow bowl or glass baking dish.
- ☐ Drizzle with 1 tablespoon oil, sprinkle with orange peel, and pour juice over; turn to coat.
- ☐ Melt butter with 1 tablespoon oil in large nonstick ovenproof skillet over high heat.
- ☐ Remove fish from marinade, reserving marinade; sprinkle with salt and pepper. Cook fish until light brown, about 3 minutes. Turn fish over; add shallot. Cook 1 minute. Stir saffron into reserved marinade; pour marinade over fish.
- ☐ Add olives and half of orange segments.
- ☐ Transfer skillet to oven; roast fish until cooked through, about 6 minutes.
- ☐ Transfer fish to platter; top with remaining orange segments. Spoon sauce with oranges and olives around fish.
- ☐ Sprinkle with basil and chives and serve.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:20.264347781306%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 299.09kcal (14.95%), Fat: 12.39g (19.06%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 11.32g (4.12%), Sugar: 9.87g (10.97%), Cholesterol: 134.2mg (44.73%), Sodium: 445.02mg (19.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.82%), Selenium: 62.82µg (89.74%), Vitamin C: 52.84mg (64.05%), Vitamin B3: 10.77mg (53.87%), Vitamin B6: 0.79mg (39.34%), Potassium: 947.28mg (27.07%), Phosphorus: 268.56mg (26.86%), Vitamin B12: 1.03µg (17.14%), Magnesium: 66.93mg (16.73%), Vitamin A: 793.96IU (15.88%), Vitamin B5: 1.55mg (15.53%), Iron: 2.37mg (13.19%), Folate: 44.21µg (11.05%), Fiber: 2.72g (10.87%), Vitamin E: 1.57mg (10.48%), Vitamin K: 10.11µg (9.63%), Vitamin B2: 0.16mg (9.54%), Vitamin B1: 0.13mg (8.81%), Copper: 0.15mg (7.56%), Calcium: 73.83mg (7.38%), Zinc: 0.92mg (6.15%), Manganese: 0.1mg (5.21%)