

 69%
HEALTH SCORE

Pan-Seared Mahimahi with Tropical Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 jalapeno minced seeded
- ☐ 1 kiwifruit peeled chopped
- ☐ 24 ounce mahimahi white firm
- ☐ 1 cup papaya diced peeled ()
- ☐ 0.3 teaspoon pepper
- ☐ 0.7 cup pineapple fresh chopped
- ☐ 2 tablespoons pineapple juice fresh

- ☐ 3 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon salt

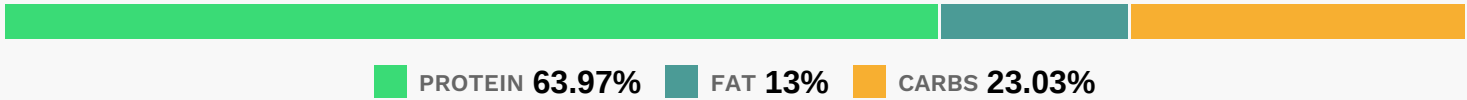
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a medium bowl; toss gently. Cover and chill.
- ☐ Sprinkle fillets with salt and pepper.
- ☐ Heat a large nonstick skillet over high heat until hot. Coat fillets with cooking spray; add fillets to pan. Cook fillets 1 minute on each side or just until lightly browned. Reduce heat to medium, and cook, uncovered, 7 minutes or until fish flakes easily when tested with a fork.
- ☐ Place fillets on individual serving plates; spoon salsa over fillets.
- ☐ carbo rating: 10

Nutrition Facts



Properties

Glycemic Index:84.77, Glycemic Load:5.73, Inflammation Score:-7, Nutrition Score:21.594348119653%

Flavonoids

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 213.64kcal (10.68%), Fat: 3.15g (4.85%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 10.61g (3.86%), Sugar: 8.7g (9.67%), Cholesterol: 85.05mg (28.35%), Sodium: 238.68mg (10.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.74%), Selenium: 71.45µg (102.07%), Vitamin C:

56.96mg (69.05%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.06mg (35.29%), Vitamin D: 5.27µg (35.15%), Phosphorus: 306.58mg (30.66%), Manganese: 0.42mg (21.11%), Potassium: 684.53mg (19.56%), Vitamin B6: 0.37mg (18.27%), Folate: 68.5µg (17.13%), Magnesium: 62.66mg (15.67%), Vitamin K: 14.18µg (13.5%), Copper: 0.22mg (10.8%), Vitamin B5: 1.02mg (10.23%), Vitamin A: 420.68IU (8.41%), Vitamin E: 1.22mg (8.14%), Vitamin B2: 0.14mg (8.1%), Fiber: 1.94g (7.76%), Vitamin B1: 0.12mg (7.68%), Iron: 1.24mg (6.88%), Zinc: 0.68mg (4.55%), Calcium: 39.44mg (3.94%)