



Pineapple-Glazed Mahimahi



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 tablespoons green onions sliced
- ☐ 2.5 tablespoons soya sauce low-sodium
- ☐ 24 ounce mahimahi fillets
- ☐ 2 cups pineapple juice

☐ 1 teaspoon vegetable oil

Equipment

☐ sauce pan

☐ grill

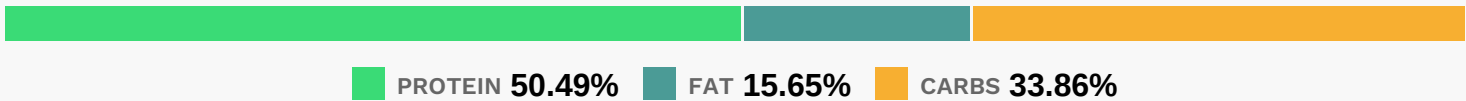
☐ ziploc bags

☐ grill pan

Directions

- ☐ Combine first 6 ingredients.
- ☐ Pour 1/2 of pineapple mixture into a heavy-duty zip-top plastic bag; add fish. Seal bag and marinate in refrigerator 2 hours, turning bag occasionally. Set aside remaining pineapple mixture.
- ☐ Coat a grill pan with cooking spray.
- ☐ Brush with vegetable oil.
- ☐ Place over medium- high heat until hot.
- ☐ Remove fish from bag; discard marinade.
- ☐ Place fish, skin side up, on grill pan; grill 5 minutes or until browned. Turn fish; reduce heat to medium. Grill 10 minutes or until fish flakes easily when tested with a fork.
- ☐ Bring reserved pineapple juice mixture to a boil in a small saucepan over medium-high heat. Boil 10 minutes or until mixture is reduced to 1/4 cup.
- ☐ Drizzle pineapple mixture evenly over fish.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:6.93, Inflammation Score:-6, Nutrition Score:18.162608939668%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 265.31kcal (13.27%), Fat: 4.53g (6.97%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 21.58g (7.85%), Sugar: 17.74g (19.71%), Cholesterol: 124.17mg (41.39%), Sodium: 518.37mg (22.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.9g (65.81%), Selenium: 62.4µg (89.14%), Vitamin B3: 10.78mg (53.9%), Vitamin B6: 0.82mg (41.24%), Manganese: 0.68mg (33.83%), Phosphorus: 271.55mg (27.15%), Potassium: 919.41mg (26.27%), Magnesium: 73.82mg (18.45%), Vitamin B12: 1.02µg (17.01%), Vitamin C: 12.39mg (15.02%), Iron: 2.56mg (14.2%), Vitamin B5: 1.39mg (13.87%), Vitamin B2: 0.17mg (10.16%), Folate: 36.25µg (9.06%), Vitamin K: 9.17µg (8.73%), Vitamin A: 416.11IU (8.32%), Copper: 0.17mg (8.25%), Vitamin B1: 0.11mg (7.26%), Zinc: 1.02mg (6.78%), Calcium: 51.9mg (5.19%), Vitamin E: 0.3mg (1.99%), Fiber: 0.48g (1.92%)