



Potato Crusted Mahi

 Gluten Free

READY IN



44 min.

SERVINGS



1

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 ounce butter softened
- ☐ 0.5 tablespoon herb butter
- ☐ 5 cloves garlic
- ☐ 1 lemon wedges for garnish
- ☐ 3 tablespoons garlic lime broth
- ☐ 12 ounce mahi fillet
- ☐ 1 sprig parsley for garnish
- ☐ 1 teaspoon parsley leaves chopped

- ☐ 1 ounce potato pearls
- ☐ 1 serving salt and pepper black freshly ground
- ☐ 0.5 ounce fried spinach
- ☐ 2 tablespoons white wine

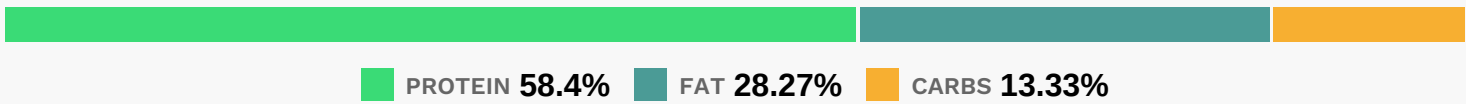
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat the oven to 250 degrees F.
- ☐ In a medium bowl, mix the potato pearls with the butter, parsley, and salt and pepper, to taste. Set aside.
- ☐ Preheat a flat-top griddle or medium skillet over medium-high heat. Season the mahi fillet with the herb butter, salt, and pepper. Top the fillet with the potato pearl mixture.
- ☐ Place the fish on the hot griddle, with the potato pearl side down. Sear on each side until golden brown.
- ☐ Place the fillet in a non-reactive pie pan, and then add 3 tablespoons lime broth, 2 tablespoons water, and the white wine.
- ☐ Place the pan in the oven, and bake for 8 minutes.
- ☐ Remove fish to a large serving bowl with the roasted garlic and remaining lime broth. Top with the fried spinach, and garnish with the lemon and parsley sprig.

Nutrition Facts



Properties

Glycemic Index:414.25, Glycemic Load:5.97, Inflammation Score:-9, Nutrition Score:34.885216878808%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 12.88mg, Hesperetin: 12.88mg, Hesperetin: 12.88mg, Hesperetin: 12.88mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Apigenin: 2.37mg, Apigenin: 2.37mg, Apigenin: 2.37mg, Apigenin: 2.37mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 473.48kcal (23.67%), Fat: 14.06g (21.64%), Saturated Fat: 7.92g (49.52%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 12.6g (4.58%), Sugar: 1.49g (1.66%), Cholesterol: 278.63mg (92.88%), Sodium: 408.26mg (17.75%), Alcohol: 3.09g (100%), Alcohol %: 0.82% (100%), Protein: 65.38g (130.75%), Selenium: 126.85µg (181.21%), Vitamin B3: 21.37mg (106.83%), Vitamin B6: 1.7mg (84.84%), Vitamin K: 88.68µg (84.45%), Phosphorus: 548.23mg (54.82%), Potassium: 1749.11mg (49.97%), Vitamin A: 2401.65IU (48.03%), Vitamin C: 30.49mg (36.96%), Vitamin B12: 2.07µg (34.42%), Magnesium: 130.05mg (32.51%), Vitamin B5: 2.84mg (28.42%), Iron: 5.08mg (28.23%), Manganese: 0.53mg (26.44%), Vitamin B2: 0.31mg (18.13%), Folate: 55.33µg (13.83%), Zinc: 1.99mg (13.26%), Copper: 0.26mg (12.8%), Calcium: 114.28mg (11.43%), Vitamin B1: 0.15mg (9.84%), Fiber: 2.32g (9.28%), Vitamin E: 0.71mg (4.7%)