



Prosciutto-wrapped Mahi Mahi with Clams

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 clams scrubbed
- 2 tablespoons thyme leaves fresh chopped
- 2 garlic cloves minced
- 2 tablespoons juice of lemon fresh
- 24 ounce mahi mahi steaks skinless
- 5 tablespoons olive oil divided
- 2 tablespoons oregano fresh chopped
- 0.3 teaspoon pepper freshly ground

- 1 plum tomatoes diced seeded
- 4 slices pancetta
- 1 tablespoon shallots minced
- 0.3 cup butter unsalted cut into pieces
- 1 cup white wine

Equipment

- bowl
- frying pan
- baking sheet
- oven
- dutch oven

Directions

- Combine thyme, oregano, garlic, and 2 tablespoons olive oil in a small bowl. Rub fish evenly with herb mixture. Cover and chill 1 hour.
- Heat 2 tablespoons oil in a large skillet or Dutch oven over medium-high heat.
- Add shallots; cook 2 minutes. Stir in tomato, wine, and lemon juice; bring to a boil.
- Add clams, cover, and reduce heat. Simmer 4 to 8 minutes, discarding any unopened clams.
- Remove clams, and keep warm. Cook remaining liquid for 15 minutes over high heat until reduced by half.
- Remove from heat.
- Add butter, 1 tablespoon at a time, stirring until butter melts. Stir in pepper.
- Wrap 1 slice prosciutto around each piece of fish.
- Heat remaining 1 tablespoon olive oil in a large skillet over medium-high heat.
- Place wrapped fish, seam side down, in pan. Cook 1 minute on each side or until prosciutto is golden.
- Remove, and place on a lightly greased baking sheet.
- Bake at 350 for 5 to 8 minutes or until fish flakes with a fork.

Place fish and clams in rimmed bowls; spoon sauce evenly over steaks.

Serve immediately.

Nutrition Facts

PROTEIN 29.88% **FAT 64.34%** **CARBS 5.78%**

Properties

Glycemic Index:55.5, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:22.05869560138%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 513.35kcal (25.67%), Fat: 33.72g (51.88%), Saturated Fat: 11.18g (69.85%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 4.91g (1.79%), Sugar: 1.5g (1.66%), Cholesterol: 163.73mg (54.58%), Sodium: 216.98mg (9.43%), Alcohol: 6.18g (100%), Alcohol %: 2.48% (100%), Protein: 35.25g (70.49%), Selenium: 68.12µg (97.31%), Vitamin B3: 11.11mg (55.54%), Vitamin B12: 2.51µg (41.81%), Vitamin B6: 0.82mg (40.75%), Phosphorus: 309.63mg (30.96%), Vitamin K: 28.81µg (27.44%), Potassium: 888.72mg (25.39%), Vitamin E: 3.52mg (23.49%), Iron: 4.07mg (22.6%), Vitamin A: 1040.77IU (20.82%), Magnesium: 76.29mg (19.07%), Manganese: 0.36mg (17.98%), Vitamin B5: 1.46mg (14.6%), Vitamin C: 11.35mg (13.76%), Vitamin B2: 0.18mg (10.62%), Calcium: 100.1mg (10.01%), Zinc: 1.22mg (8.1%), Fiber: 1.9g (7.62%), Copper: 0.14mg (6.92%), Folate: 22.4µg (5.6%), Vitamin B1: 0.08mg (5.33%), Vitamin D: 0.24µg (1.63%)