



# Rum-and-Pepper Painted Fish with Habanero-Mango Mojo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings black bean-and-fruit salsa
- 2.5 tablespoons peppercorns black
- 24 ounce grouper fillets white firm
- 2 tablespoons juice of lemon fresh
- 2.5 tablespoons lemon rind grated
- 0.5 cup soya sauce low-sodium
- 4 servings habanero-mango mojo

- 0.8 cup rum white
- 0.5 cup sugar
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- sieve
- aluminum foil

## Directions

- Heat a nonstick skillet over medium-high heat until hot.
- Add peppercorns and cloves, and cook 1 minute.
- Place spice mixture in a spice or coffee grinder; process until finely ground.
- Place pepper mixture in a saucepan.
- Add rum and next 4 ingredients (rum through lemon juice); bring to a boil. Reduce heat; simmer, uncovered, 25 minutes or until reduced to 1/2 cup. Strain pepper "paint" through a fine sieve over a bowl; discard solids. Set aside.
- Preheat oven to 45
- Wrap handle of skillet with foil; heat oil in pan until hot.
- Brush pepper paint over one side of fish.
- Place fish, paint side down, in skillet; saut 3 minutes or until dark brown. Turn fish over; place skillet in oven.
- Bake 7 minutes or until fish flakes easily when tested with a fork.
- Serve fillets with Habanero- Mango Mojo and Black Bean-and-Fruit Salsa; garnish fillets with lime wedges, if desired.
- Note: Pepper paint may be refrigerated for up to a month.

## Nutrition Facts

PROTEIN 44.48% FAT 17.79% CARBS 37.73%

## Properties

Glycemic Index:42.21, Glycemic Load:18.3, Inflammation Score:-6, Nutrition Score:21.087391529394%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 432.7kcal (21.64%), Fat: 6.73g (10.36%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 29.82g (10.84%), Sugar: 25.75g (28.61%), Cholesterol: 85.05mg (28.35%), Sodium: 1238.24mg (53.84%), Alcohol: 15.03g (100%), Alcohol %: 6.46% (100%), Protein: 37.87g (75.73%), Selenium: 71.76µg (102.51%), Manganese: 1.01mg (50.29%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.11mg (35.54%), Phosphorus: 354.94mg (35.49%), Vitamin D: 5.27µg (35.15%), Potassium: 725.76mg (20.74%), Magnesium: 79.72mg (19.93%), Vitamin K: 18.91µg (18.01%), Vitamin B6: 0.36mg (17.81%), Folate: 58.33µg (14.58%), Copper: 0.24mg (12.16%), Vitamin B2: 0.21mg (12.12%), Iron: 2.08mg (11.55%), Vitamin B5: 1.04mg (10.42%), Vitamin C: 8.1mg (9.82%), Fiber: 2.3g (9.19%), Vitamin E: 1.18mg (7.89%), Vitamin B1: 0.1mg (6.42%), Zinc: 0.92mg (6.15%), Calcium: 60.09mg (6.01%)