



WHATSHEATE



HEALTH SCORE

57%

Seared Mahi-Mahi with Green Gazpacho Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.5 cups cucumber english coarsely chopped ()



0.5 cup cilantro leaves fresh coarsely chopped



6 ounces grape tomatoes red yellow halved



0.8 cup spring onion coarsely chopped



1.5 teaspoons ground cumin



28 ounce mahi-mahi



5.5 tablespoons olive oil divided



2.5 teaspoons serrano chiles seeded chopped

☐ 1.5 tablespoons balsamic vinegar white ()

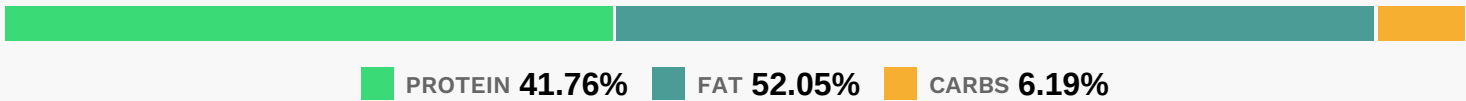
Equipment

☐ bowl

Directions

- ☐ Combine cucumber, onions, cilantro, 4 1/2tablespoons oil, 1 1/2 tablespoons vinegar,and chiles in processor. Using on/off turns,blend mixture until finely chopped.
- ☐ Transferto bowl. Season with more vinegar, ifdesired, and salt and black pepper.
- ☐ Sprinkle fish fillets on both sides withsalt, pepper, and cumin.
- ☐ Heat remaining1 tablespoon oil in large nonstick skilletover medium-high heat.
- ☐ Add fish and cook5 minutes. Turn over, cover, and cook untilfish is just opaque in center, 4 to 5 minutes.
- ☐ Divide gazpacho sauce among 4 plates.Top each with 1 fish fillet. Scatter tomatoesatop and around fish and serve.
- ☐ Per serving: Calories 361, Total fat 20g, Saturated Fat 3g, Cholesterol 151mg, Sodium 188mg, Carbohydrate 5g, Fiber 1g, Protein 39g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:22.927826217983%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 367.44kcal (18.37%), Fat: 21.02g (32.34%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.22g (3.58%), Cholesterol: 144.87mg (48.29%), Sodium: 184.83mg (8.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.9%), Selenium: 72.66µg (103.8%), Vitamin B3: 12.55mg (62.75%), Vitamin K: 63.74µg (60.7%), Vitamin B6: 0.88mg (43.86%), Phosphorus: 317.74mg (31.77%), Potassium: 1080.46mg (30.87%), Vitamin A: 1090.48IU (21.81%), Vitamin E: 3.2mg (21.36%), Vitamin B12: 1.19µg (19.84%), Magnesium: 78.21mg (19.55%), Iron: 3.44mg (19.11%), Vitamin B5: 1.67mg (16.74%), Vitamin C: 12.11mg (14.67%), Vitamin B2: 0.18mg (10.66%), Manganese: 0.19mg (9.42%), Folate: 36.89µg (9.22%), Copper: 0.17mg (8.58%), Zinc: 1.2mg (7.98%), Calcium: 64.77mg (6.48%), Fiber: 1.53g (6.11%), Vitamin B1: 0.09mg (5.86%)