



## Seared Mahi-Mahi with Mango Sauce and Fragrant Rice

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cilantro leaves fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ginger fresh chopped
- 1 clove garlic quartered
- 0.3 cup grapeseed oil
- 1 cup jasmine rice
- 1 juice of lime juiced

- 4 fillet mahi-mahi
- 1 mangos
- 1 teaspoon rice wine vinegar
- 4 servings salt
- 4 servings salt and pepper black freshly ground
- 2 scallions chopped for garnish
- 2 scallions green chopped
- 2 cups water

## Equipment

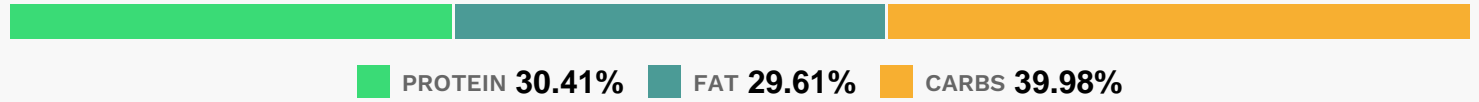
- bowl
- frying pan
- sauce pan
- whisk
- pot

## Directions

- Combine the rice and water together in a large saucepan.
- Place the pan over medium heat and bring to a boil. Reduce the heat to low and cover the pot. Cook the rice for 20 minutes.
- For the sauce: Peel the mango and slice the flesh off the pit. Dice the mango flesh.
- In a large bowl, whisk together the vinegar, oil, and lime juice. Season with salt and pepper. Stir in the mango, cilantro, garlic, and ginger. Set aside.
- Heat a large, nonstick saute pan over medium-high heat.
- Rub the fish fillets with the oil, salt, and pepper.
- Place in the hot pan and sear until golden on 1 side, 3 to 4 minutes.
- Turn the fish over and cook until cooked through, another 3 to 4 minutes. Be careful not to overcook the fish. You'll know the fish is done when the flesh springs back.
- Remove the fish to a plate.

- When the rice is cooked, fluff it with a fork and gently stir in the cilantro and scallions. Season with salt, to taste.
- Place a mound of rice on each plate. Top with mahi-mahi. Spoon the mango sauce over each fillet and top with chopped scallions.
- Drizzle the liquid from the mango sauce around the rice.

## Nutrition Facts



### Properties

Glycemic Index:105.48, Glycemic Load:26.12, Inflammation Score:-8, Nutrition Score:22.763912947282%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

### Nutrients (% of daily need)

Calories: 472.58kcal (23.63%), Fat: 15.36g (23.63%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 44.83g (16.3%), Sugar: 7.57g (8.41%), Cholesterol: 124.1mg (41.37%), Sodium: 354.58mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.5g (70.99%), Selenium: 69.55µg (99.35%), Vitamin B3: 11.54mg (57.72%), Vitamin B6: 0.84mg (41.92%), Phosphorus: 310.69mg (31.07%), Manganese: 0.61mg (30.54%), Vitamin E: 4.53mg (30.22%), Vitamin C: 23.68mg (28.71%), Vitamin K: 28.21µg (26.87%), Potassium: 897.26mg (25.64%), Vitamin A: 1010.18IU (20.2%), Vitamin B5: 1.87mg (18.73%), Magnesium: 72.59mg (18.15%), Vitamin B12: 1.02µg (17%), Iron: 2.59mg (14.39%), Copper: 0.27mg (13.27%), Folate: 43.16µg (10.79%), Vitamin B2: 0.17mg (10.22%), Zinc: 1.41mg (9.41%), Fiber: 1.83g (7.32%), Vitamin B1: 0.09mg (6.08%), Calcium: 59.66mg (5.97%)