



Seared Mahi Mahi with Zesty Basil Butter

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground for seasoning
- ☐ 1.5 tablespoons basil leaves fresh chopped
- ☐ 1 large garlic clove finely chopped
- ☐ 1.5 teaspoons juice of lemon freshly squeezed
- ☐ 24 ounce mahi mahi fillets
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt for seasoning
- ☐ 3 tablespoons butter unsalted

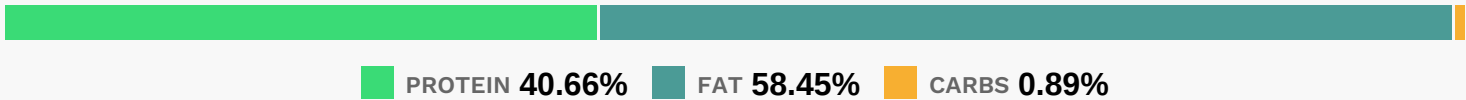
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the butter, lemon juice, garlic, salt, pepper, and basil in a medium saucepan and cook over low heat, stirring until the butter melts. Cover and keep warm over low heat.
- ☐ Heat the oil in a large skillet over medium heat. Season the fish with salt and pepper, to taste. Cook the fish for 3 minutes; then turn and cook until just opaque, about 3 to 4 minutes more.
- ☐ Transfer the fillets to individual plates.
- ☐ Spoon the warm basil butter over the fish and serve.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:15.031738939493%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 315.52kcal (15.78%), Fat: 20.24g (31.13%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.08g (0.09%), Cholesterol: 146.75mg (48.92%), Sodium: 151.33mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.68g (63.35%), Selenium: 62.32µg (89.03%), Vitamin B3: 10.41mg (52.05%), Vitamin B6: 0.7mg (34.78%), Phosphorus: 248.13mg (24.81%), Potassium: 722.92mg (20.65%), Vitamin B12: 1.04µg (17.31%), Magnesium: 53.06mg (13.27%), Vitamin B5: 1.3mg (13%), Vitamin A: 614.24IU (12.28%), Vitamin E: 1.82mg (12.15%), Iron: 2.15mg (11.93%), Vitamin K: 12.3µg (11.72%), Vitamin B2: 0.13mg (7.42%), Zinc: 0.82mg (5.45%), Copper: 0.08mg (4.02%), Manganese: 0.08mg (3.93%), Calcium: 36.41mg (3.64%), Folate:

10.48µg (2.62%), Vitamin B1: 0.04mg (2.5%), Vitamin C: 1.1mg (1.34%), Vitamin D: 0.16µg (1.05%)