



## Seared Mahimahi with Edamame Succotash

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1.3 cups corn kernels frozen thawed
- 0.5 cup edamame green frozen shelled thawed ( soybeans)
- 2 teaspoons thyme sprigs fresh chopped
- 2 garlic clove minced
- 0.3 cup spring onion finely chopped
- 0.3 teaspoon ground pepper red
- 2 teaspoons juice of lime fresh

- 24 ounce fish fillet white firm
- 1 teaspoon olive oil
- 2 teaspoons olive oil
- 1 medium bell pepper red
- 2 teaspoons rice vinegar
- 0.1 teaspoon salt
- 0.3 teaspoon salt

## Equipment

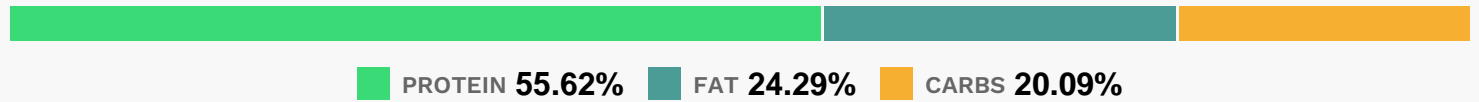
- bowl
- frying pan
- baking sheet
- aluminum foil
- broiler
- ziploc bags
- microwave

## Directions

- Preheat broiler.
- To prepare succotash, cut bell pepper in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin side up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 10 minutes. Peel and finely chop.
- Combine pepper, onions, and next 7 ingredients (through garlic), tossing to combine.
- Combine corn and beans in a small microwave-safe bowl; cover with water. Microwave at HIGH 2 minutes; drain.
- Add corn mixture to bell pepper mixture; toss to combine.

- To prepare mahimahi, heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Sprinkle both sides of fish with 1/8 teaspoon salt and 1/8 teaspoon black pepper.
- Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- Serve with succotash.

## Nutrition Facts



### Properties

Glycemic Index:63.25, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:22.416521818742%

### Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

### Nutrients (% of daily need)

Calories: 263.55kcal (13.18%), Fat: 7.33g (11.27%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.77g (3.92%), Sugar: 4.39g (4.88%), Cholesterol: 85.05mg (28.35%), Sodium: 421.28mg (18.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.75g (75.5%), Selenium: 71.74µg (102.48%), Vitamin C: 43.04mg (52.17%), Vitamin B12: 2.69µg (44.79%), Vitamin B3: 7.55mg (37.77%), Vitamin D: 5.27µg (35.15%), Phosphorus: 328.63mg (32.86%), Vitamin A: 1119.63IU (22.39%), Potassium: 767.88mg (21.94%), Vitamin B6: 0.41mg (20.62%), Folate: 79.62µg (19.91%), Vitamin K: 18.83µg (17.93%), Magnesium: 60.36mg (15.09%), Fiber: 2.86g (11.44%), Iron: 2.06mg (11.43%), Vitamin B2: 0.19mg (11.42%), Vitamin E: 1.71mg (11.4%), Vitamin B5: 1.14mg (11.38%), Manganese: 0.22mg (11.19%), Copper: 0.17mg (8.41%), Vitamin B1: 0.11mg (7.6%), Zinc: 0.88mg (5.85%), Calcium: 48.37mg (4.84%)