



WHATSheATE



Seared Mahimahi with Hot-and-Sour Mango Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 inch chile fresh minced
- ☐ 2 tablespoons juice of lime fresh to taste
- ☐ 4 servings accompaniment: lime wedges
- ☐ 24 ounce mahimahi fillet with skin thick ()
- ☐ 2 pound firm-ripe mangoes pitted peeled cut into 3/4-inch pieces (3 1/2 cups)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 1.5 tablespoons vietnamese nuoc mam

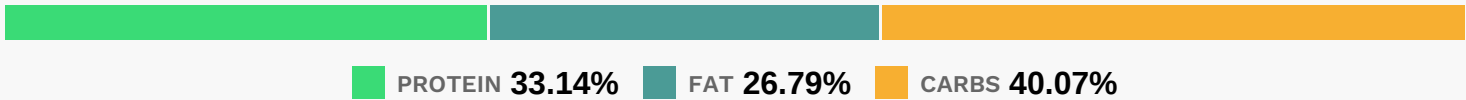
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook shallot in 2 tablespoons oil in a 12-inch nonstick skillet over moderate heat, stirring occasionally, until golden, 3 to 5 minutes.
- ☐ Add chile and cook, stirring, until softened, about 1 minute.
- ☐ Add mangoes, fish sauce, sugar, and salt and cook, stirring occasionally, until mango is softened and mixture is slightly thickened, 3 to 7 minutes.
- ☐ Remove from heat and stir in lime juice.
- ☐ Transfer relish to a bowl.
- ☐ Pat fish dry and season with salt and pepper.
- ☐ Heat remaining tablespoon oil in cleaned skillet over moderately high heat until it just begins to smoke, then cook fish, skin side down first, turning over once, until golden and just cooked through, 12 to 16 minutes total.
- ☐ Serve fish topped with relish.
- ☐ *Available at Asian markets and ethnicgrocer.com (866-438-4642).

Nutrition Facts



Properties

Glycemic Index:57.21, Glycemic Load:18.68, Inflammation Score:-10, Nutrition Score:28.376956442128%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 401.49kcal (20.07%), Fat: 12.29g (18.91%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 41.39g (13.8%), Net Carbohydrates: 37.05g (13.47%), Sugar: 36.06g (40.06%), Cholesterol: 124.17mg (41.39%), Sodium: 829.82mg (36.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.44%), Vitamin C: 88.07mg (106.76%), Selenium: 64.33µg (91.9%), Vitamin B3: 12.11mg (60.57%), Vitamin A: 2775.03IU (55.5%), Vitamin B6: 1.05mg (52.66%), Potassium: 1186.86mg (33.91%), Folate: 117.22µg (29.31%), Phosphorus: 288.93mg (28.89%), Vitamin K: 28.63µg (27.26%), Magnesium: 90.54mg (22.64%), Vitamin E: 2.91mg (19.39%), Vitamin B5: 1.8mg (18.01%), Vitamin B12: 1.05µg (17.55%), Fiber: 4.33g (17.33%), Copper: 0.35mg (17.32%), Iron: 2.6mg (14.45%), Vitamin B2: 0.22mg (12.69%), Manganese: 0.25mg (12.27%), Vitamin B1: 0.11mg (7.53%), Zinc: 1.09mg (7.26%), Calcium: 62.29mg (6.23%)