



Steamed Mahi Mahi with Vegetables and Garlic Mustard Sauce

 Dairy Free or type unknown

READY IN

ready or type unknown

35 min.

SERVINGS

servings or type unknown

4

CALORIES

calories or type unknown

152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 1 cup chicken broth
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 tablespoon garlic chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 16 ounce mahi-mahi
- ☐ 8 ounce mushrooms sliced

- ☐ 0.5 onion red sliced
- ☐ 2 tablespoon spicy brown mustard
- ☐ 1 medium baby squash yellow sliced
- ☐ 1 medium zucchini sliced

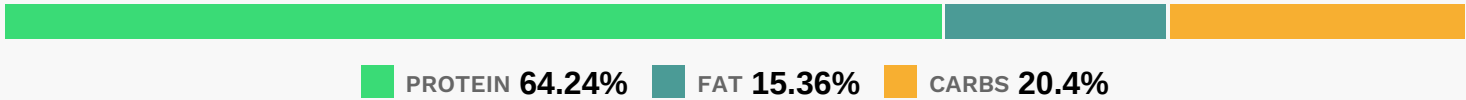
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a high-sided skillet over medium heat, add the canola oil. When it is hot toss in half the onion (reserve other half for the online Round 2 Recipe Grilled Chicken and Apple Wraps) and cook until softened, about 5 minutes. (Reserve 4 pieces each of squash, and zucchini for the online Round 2 Recipe Grilled Chicken and Apple Wraps.)
- ☐ Add the remaining squash and zucchini, mushrooms, and broth and season with salt and pepper.
- ☐ Place the fish on the vegetables and top each piece with a sprig of thyme. Season the fish with salt and pepper, cover, and steam until the fish is cooked through, about 10 minutes.
- ☐ Remove the fish to a plate and cover to keep warm.
- ☐ Remove the vegetables with a slotted spoon to a bowl and cover to keep warm. Turn the heat to high and let the broth bubble, add the garlic and mustard and let cook until the sauce reduces and thickens, 3 to 5 minutes. Taste and add more salt and pepper, if needed.
- ☐ Spoon the vegetables onto a plate and top with a piece of fish.
- ☐ Pour the sauce over the fish and serve.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:18.263043693874%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 151.71kcal (7.59%), Fat: 2.65g (4.08%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 5.56g (2.02%), Sugar: 4.39g (4.88%), Cholesterol: 83.96mg (27.99%), Sodium: 408.99mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.91%), Selenium: 50µg (71.43%), Vitamin B3: 9.64mg (48.22%), Vitamin B6: 0.75mg (37.47%), Vitamin B2: 0.47mg (27.84%), Potassium: 965.65mg (27.59%), Phosphorus: 266.88mg (26.69%), Vitamin C: 21.56mg (26.14%), Vitamin B5: 1.94mg (19.37%), Manganese: 0.36mg (17.78%), Magnesium: 64.11mg (16.03%), Copper: 0.31mg (15.52%), Iron: 2.33mg (12.92%), Vitamin B12: 0.71µg (11.91%), Folate: 44.94µg (11.24%), Vitamin B1: 0.15mg (10.11%), Fiber: 2.36g (9.44%), Vitamin A: 455.13IU (9.1%), Zinc: 1.27mg (8.47%), Calcium: 52.25mg (5.23%), Vitamin K: 4.66µg (4.43%), Vitamin E: 0.35mg (2.36%)