



HEALTH SCORE

73%

Watercress Salad with Pan-Seared Mahimahi



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 tablespoon balsamic vinegar



2 cups torn bibb lettuce



0.3 teaspoon pepper black divided freshly ground



0.5 teaspoon dijon mustard



2.5 teaspoons olive oil extravirgin divided



2 teaspoons honey



12 ounce mahimahi fillets



1 tablespoon red wine vinegar

- ☐ 0.3 teaspoon salt divided
- ☐ 0.3 cup shallots thinly sliced
- ☐ 0.5 cup tomatoes red chopped
- ☐ 2 cups watercress
- ☐ 0.5 cup tomatoes yellow chopped

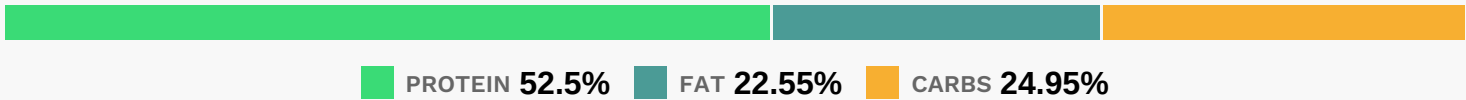
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish evenly with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add fish to pan; cook 4 minutes or until browned. Carefully turn fish over; cook 3 minutes or until fish flakes easily when tested with a fork or desired degree of doneness.
- ☐ Remove fish from pan; keep warm.
- ☐ Combine watercress, lettuce, tomatoes, and shallots in a large bowl.
- ☐ Combine vinegars, honey, mustard, remaining 1/8 teaspoon salt, and remaining 1/8 teaspoon pepper in a small bowl; gradually add remaining 1 1/2 teaspoons oil, stirring with a whisk.
- ☐ Pour vinaigrette over lettuce mixture; toss gently to coat. Arrange 2 1/2 cups lettuce mixture on each of 2 plates; top each serving with 1 fillet.

Nutrition Facts



Properties

Glycemic Index:133.14, Glycemic Load:5.4, Inflammation Score:-10, Nutrition Score:28.023043715436%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg 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: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg

Nutrients (% of daily need)

Calories: 263.37kcal (13.17%), Fat: 6.58g (10.12%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 13.9g (5.05%), Sugar: 10.81g (12.01%), Cholesterol: 124.17mg (41.39%), Sodium: 486.83mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.47g (68.95%), Vitamin K: 142.77µg (135.97%), Selenium: 63.68µg (90.97%), Vitamin A: 3360.85IU (67.22%), Vitamin B3: 11.33mg (56.65%), Vitamin B6: 0.92mg (45.99%), Potassium: 1236.35mg (35.32%), Vitamin C: 27.14mg (32.9%), Phosphorus: 323.48mg (32.35%), Manganese: 0.43mg (21.29%), Magnesium: 81.58mg (20.4%), Iron: 3.43mg (19.06%), Folate: 74.4µg (18.6%), Vitamin B12: 1.02µg (17.01%), Vitamin B5: 1.63mg (16.25%), Vitamin B2: 0.22mg (13.18%), Calcium: 107.46mg (10.75%), Fiber: 2.49g (9.95%), Copper: 0.2mg (9.84%), Vitamin B1: 0.14mg (9.44%), Vitamin E: 1.37mg (9.13%), Zinc: 1.23mg (8.23%)