



WHATSheATE



Yucatecan -Style Grilled Mahi-Mahi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup annatto powder
- ☐ 2 leaves banana
- ☐ 4 bay leaves
- ☐ 0.3 cup wine dry white
- ☐ 4 epazote leaves dried fresh italian
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2 lime thinly sliced
- ☐ 24 ounce mahi-mahi
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 servings onion
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon oregano dried (preferably Mexican)
- ☐ 2 plum tomatoes thinly sliced
- ☐ 4 servings salsa
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons vinegar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ glass baking pan

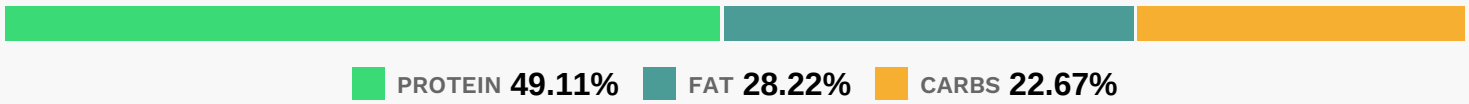
Directions

- ☐ Place fish in 13x9x2-inch glass baking dish.
- ☐ Whisk achiote paste and next 7 ingredients in medium bowl.
- ☐ Pour achiote mixture over fish; turn to coat. Cover and chill 1 hour.
- ☐ Prepare barbecue (high heat).
- ☐ Brush shiny side of banana leaves with 2 tablespoons oil; place each on baking sheet, oiled side down (some of leaf will hang over edge of sheet). Arrange 2 fillets with marinade still clinging crosswise in center of each banana leaf, spacing 2 inches apart.
- ☐ Drizzle wine around fish in leaves. Top each fillet with 1 bay leaf and 1 sprig of fresh epazote or parsley or 1 pinch of dried epazote. Fold overhanging edges of banana leaf over fish to enclose loosely.

- ☐
- Transfer fish from baking sheet to grill, folded edges up. Cover and grill until fillets are just opaque in center, about 10 minutes.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:83.94, Glycemic Load:3.02, Inflammation Score:-9, Nutrition Score:20.200434892074%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

Nutrients (% of daily need)

Calories: 278.08kcal (13.9%), Fat: 8.51g (13.09%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 12.13g (4.41%), Sugar: 6.02g (6.69%), Cholesterol: 124.17mg (41.39%), Sodium: 656.88mg (28.56%), Alcohol: 1.54g (100%), Alcohol %: 0.51% (100%), Protein: 33.33g (66.65%), Selenium: 63.12µg (90.17%), Vitamin B3: 11.16mg (55.79%), Vitamin B6: 0.89mg (44.29%), Vitamin C: 25.78mg (31.25%), Potassium: 1039.11mg (29.69%), Phosphorus: 292.93mg (29.29%), Magnesium: 73.49mg (18.37%), Vitamin B12: 1.02µg (17.01%), Manganese: 0.32mg (15.92%), Iron: 2.86mg (15.9%), Vitamin B5: 1.56mg (15.59%), Vitamin A: 773.69IU (15.47%), Fiber: 3.25g (13.01%), Vitamin E: 1.77mg (11.77%), Vitamin K: 12.09µg (11.51%), Vitamin B2: 0.17mg (10.07%), Copper: 0.17mg (8.65%), Folate: 33.11µg (8.28%), Calcium: 80.76mg (8.08%), Zinc: 1.11mg (7.39%), Vitamin B1: 0.11mg (7.11%)