



4 Servings



macadamia nut encrusted mahi-mahi

Ingredients

omega 3 eggs	1 egg
almond beverage with calcium	2 Tbsp
mahi-mahi/dolphinfish	2 fillet
orange peel	2 tsp
parsley	2 tsp
black pepper	1/4 tsp
macadamia nuts	4 oz

Nutrition Totals

Calories 1245 / **Carbs** 19 g / **Protein** 91 g / **Fat** 94 g / **Fluid** 10.92 fl oz

Instructions

1. Preheat oven to 400 degrees F.
2. Lightly grease 13x9" baking dish with olive oil.
3. Chop macadamia nuts.
4. In a medium bowl, lightly beat egg with almond milk and set aside.
5. In a separate bowl, combine chopped nuts, parsley, pepper, and orange zest.
6. Dip each mahi mahi fillet in egg mixture, then press halibut in nut mixture.
7. Place crusted fillets in prepared pan. Top with any remaining nut mixture.
8. Bake for 10-15 minutes (or until fish flakes apart easily with a fork).



Nutrition Label

macadamia nut encrusted mahi-mahi		
Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories 311	Calories from Fat 211.7	
% Daily Value*		
Total Fat	23.5g	36%
Saturated Fat	3.9g	20%
Trans Fat	0g	
Cholesterol	123.2mg	41%
Sodium	110.4mg	5%
Total Carbohydrates	4.8g	2%
Dietary Fiber	2.5g	10%
Sugars	1.5g	
Protein	22.6g	
Vitamin A 7%	•	Vitamin C 5%
Calcium 6%	•	Iron 17%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 65g	
Saturated Fat	Less than 20g	
Cholesterol	Less than 300mg	
Sodium	Less than 2400mg	
Total Carbohydrate	Less than 300g	
Dietary Fiber	Less than 25g	
Calories per gram: Carbohydrate 4 • Protein 4 • Fat 9		