

No Carb Garlic Lime Mahi Mahi Kebabs

.4 net carbs per serving for 4 servings.



LowCarbeDiem.com

Preheat oven to 350 F or grill to medium high heat. Cut fillets into large chunks, about 1 to 2 inches, and place in a mixing bowl.

Wisk together olive oil, lime juice and garlic. Pour the mixture over the Mahi Mahi chunks, covering them completely. Sprinkle lightly with sea salt and pepper.

Skewer fish for grilling, or arrange on a greased baking sheet if using an oven. Bake or grill 4 to 6 minutes per 1/2 inch of thickness or until the Mahi Mahi flakes easily. If your chunks are very thick, gently turn them halfway through the cooking time.

Remove from heat and plate. Garnish with a sprinkle of parsley and onion flakes, serve with a side of lime wedges or dip in your favorite infused olive oil.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per Serving		
Calories	900	Calories from Fat: 456
		% Daily Values*
Total Fat	49g	76%
Saturated Fat	9g	47%
Cholesterol	172mg	57%
Sodium	177mg	7%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	106g	
Vitamin A		198%
Vitamin C		11%
Calcium		4%
Iron		26%

* Percent Daily Values are based on a 2000 calorie diet.

- 16 ozs mahi mahi
- 2 tbsps extra virgin olive oil
- 4 tsps lime juice
- 2 clove garlic, pressed
- 1 tsp parsley, minced
- 1/2 tsp dried onion flakes
- 1/2 tsp sea salt
- 1/2 tsp black pepper