

Caribbean Fish with Mango Orange Relish

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

1 large mango, peeled and chopped
2 medium oranges, peeled and sectioned
1/2 cup roasted red peppers, chopped
1/3 cup orange juice
2 tablespoons dry white cooking wine
2 1/2 pounds fresh fish fillets (mahi, hog snapper or choice), 1/2-inch thick
2/3 cup flour
1/4 cup butter

Prepare the Mango Orange Relish: In a medium mixing bowl, mix together the mango, oranges, red pepper, orange juice and white wine. Cover and place in the refrigerator to chill for at least four hours before serving.

Rinse and pat dry the fish fillets.

In a shallow dish, add the flour and coat both sides of each fillet with the flour. Shake off any excess flour.

In a large non-stick skillet, melt two tablespoons of the butter. Add the fish fillets in a single layer. Cook over medium-high heat for about 4 minutes or until the fish is golden brown. Turn carefully and cook for an additional 4 minutes or until all of the fish flakes easily with a fork.

Keep the cooked fish in a preheated 300 degree oven to keep warm until all of the fish is cooked.

Remove the fish from the skillet and drain on paper towels.

When ready to serve, top the fish with the Mango Orange Relish.

Per Serving (excluding unknown items): 1015 Calories; 48g Fat (41.1% calories from fat); 14g Protein; 141g Carbohydrate; 15g Dietary Fiber; 124mg Cholesterol; 476mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Vegetable; 4 1/2 Fruit; 9 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	1015	Vitamin B6 (mg):	.6mg
% Calories from Fat:	41.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	53.7%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	48g	Folacin (mcg):	187mcg
Saturated Fat (g):	29g	Niacin (mg):	7mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	124mg	% Refuse:	n n%
Carbohydrate (g):	141g	Food Exchanges	
Dietary Fiber (g):	15g	Grain (Starch):	4
Protein (g):	14g	Lean Meat:	0
Sodium (mg):	476mg	Vegetable:	1/2
Potassium (mg):	1152mg	Fruit:	4 1/2
Calcium (mg):	165mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	9
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	333mg		
Vitamin A (i.u.):	13345IU		
Vitamin A (r.e.):	1615 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories	1015
	Calories from Fat: 417
% Daily Values*	
Total Fat	48g 74%
Saturated Fat	29g 145%
Cholesterol	124mg 41%
Sodium	476mg 20%
Total Carbohydrates	141g 47%
Dietary Fiber	15g 59%
Protein	14g
Vitamin A	267%
Vitamin C	554%
Calcium	16%
Iron	27%

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