



Mahi Mahi

Mahi Mahi has become one of the most popular fish in the country due to its versatility and compatibility with various cuisines. This wild caught delight is still a “seasonal catch” but its growing popularity is causing suppliers to source from more countries to make it available 52 weeks per year. Mahi Mahi is primarily sourced from Central America, South America, and Asia.



... seafood, the way it should be!

About Mahi Mahi

This fish is mild, yet sweet in flavor with large, moist, white flakes that appear when properly cooked. It's perfect for grilling, broiling, sautéing, and baking. Since it's so versatile, Mahi Mahi allows chefs all over America to experiment with bold new flavors and applications that increase menu appeal. Mahi Mahi is an excellent source of healthy, lean protein and is low in saturated fat and sodium. Oyster Bay Mahi Mahi is cut into uniform portions making it easy to meet portion control standards and menu planning. The fillets are being used in large volume restaurants who still prefer to cut their own portions to size, and since mahi holds up well under prolonged heating, it's becoming more popular in buffets and banquets.

Handling

Keep frozen. Important: Remove product from packaging and thaw under refrigeration immediately prior to use.

Menu Ideas:

Serves up great as a center of the plate entrée, in fish tacos, sandwiches, and salads. Blend with flavorful sauces, spices, or salsa to create an Asian or tropical Caribbean flair! For more variety, try substituting Mahi Mahi in any recipe that calls for bluefish, mackerel, striped bass, or tuna!



Nutrition Facts

Serving Size 4 oz / 113g

Amount Per Serving

Calories 90 Calories from Fat 5

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	

Vitamin A 4% ● Vitamin C 0%
 Calcium 2% ● Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Buffet Cut 1-2 oz
Skinless, Natural
 Item No. 611828
 GTIN 10049029001343

Buffet Cut 2-4 oz
Skinless, Natural
 Item No. 611830
 GTIN 30049029002078

Portions 4 oz
Skinless, Natural
 Item No. 611834
 GTIN 10049029001350

Portions 6 oz
Skinless, Natural
 Item No. 611838
 GTIN 10049029001367

Portions 8 oz
Skinless, Natural
 Item No. 611846
 GTIN 10049029001381

Portions 10 oz
Skinless, Natural
 Item No. 611850
 GTIN 10049029001398

Fillet 1-3 lb
Skin on, CO Treated
 Item No. 612160
 GTIN 10049029001169

Fillet 3-5 lb
Skinless, CO Treated
 Item No. 611760
 GTIN 10049029001893

Fillet 3-5 lb
Skin on, Natural
 Item No. 612140
 GTIN 10049029002098

Fillet 5-7 lb
Skin on, CO Treated
 Item No. 612176
 GTIN 10049029001183

Fillet 5-7 lb
Skin on, Natural
 Item No. 612148
 GTIN 10049029002104

Fillet 7-up
Skin on, CO Treated
 Item No. 612182
 GTIN 10049029001190

Fillet 7-up
Skin on, Natural
 Item No. 612153
 GTIN 10049029001923

Wild Caught

Harvested in: Ecuador, Guatemala, Indonesia, Peru

For more information,
 please call / email us.

1.800.645.2211
 customerservice@harborseafood.com

OYSTER BAY. **Harbor Seafood**
 Since 1975