



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.



MAHI MAHI

FEATURES AND BENEFITS:

- Wild Caught
- High Protein, Low in Fat
- Excellent Portion Control
- 18-Month (IQF) and 24-Month (IVP) Shelf Life

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!

HANDLING:

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

Nutrition Facts

Serving size 4 oz (113g)

Amount per serving
Calories **90**

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 460mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Description	Buffet Cuts, Portions	1-3 lb, 3-5 lb, 5-7 lb Fillets
Pack Size	1 x 10 lb	1 x 20 lb
Master Case Net Weight	10 lb	20 lb
Master Case Gross Weight	12 lb	23 lb
Case Dimensions & Case Cube	15.3"L x 10.8"W x 4"H 0.383	34"L x 12.2"W x 3.1"H 0.744
Pallet Ti x Hi	10 x 16 (est)	4 x 18 (est)
Method of Catch	Wild Caught	Wild Caught
Storage	Keep Frozen	Keep Frozen
Shelf Life	18 months (BC) / 24 months (P)	24 months
Species	<i>Coryphaena hippurus</i>	<i>Coryphaena hippurus</i>
Country of Origin	Ecuador, Guatemala, Indonesia, Peru	Ecuador, Guatemala, Indonesia, Peru

1-2 oz Buffet Cuts (IQF)

Skinless, Natural
HSF Item #: 611828
GTIN: 10049029001343

1.5-2.25 oz Buffet Cuts (IQF)

Skinless, Natural
HSF Item #: 611829
GTIN: 10049029005556

2-4 oz Buffet Cuts (IQF)

Skinless, Natural
HSF Item #: 611830
GTIN: 30049029002078

4 oz Portions (IVP)

Skinless, Natural
HSF Item #: 611834
DOT Item #: 820590
GTIN: 10049029001350

6 oz Portions (IVP)

Skinless, Natural
HSF (C/SA) Item #: 611352
HSF (Indo) Item #: 611838
GTIN (C/SA): 10049029008052
GTIN (Indo): 10049029001367

8 oz Portions (IVP)

Skinless, Natural
HSF (C/SA) Item #: 611354
HSF (Indo) Item #: 611846
DOT (Indo) Item #: 569691
GTIN (C/SA): 10049029008069
GTIN (Indo): 10049029001381

1-3 lb Fillets (IVP)

Skin On, CO Treated
HSF Item #: 612160
GTIN: 10049029001169

3-5 lb Fillets (IVP)

Skin On, CO Treated
HSF Item #: 612168
GTIN: 10049029001176

5-7 lb Fillets (IVP)

Skin On, CO Treated
HSF Item #: 612176
GTIN: 10049029001183



For more information, please call / email us at
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