

MAHI MAHI



ABOUT MAHI MAHI

MAHI MAHI ARE EXTREMELY POPULAR IN THE COASTAL REGIONS AND HAWAII IN THE U.S., THE RESTAURANT INDUSTRY BEING THE LARGEST PURVEYOR OF THIS DELICIOUS FISH. MAHI MAHI HAS A VERY MEATY TEXTURE, SIMILAR TO THAT OF STEAK FISHES SUCH AS SWORDFISH AND MARLIN. MAHI MAHI ALSO POSSESSES A VERY SAVORY FLAVOR TO IT, AND HAS A STRONG CULINARY VERSATILITY, WITH IT BEING SERVED AS A MAIN DISH, AS WELL AS USE IN ITEMS SUCH AS FISH TACOS. IT IS COMMONLY A HIGHER PRICED ITEM DUE TO ITS SEASONAL AVAILABILITY, BUT IS WELL WORTH THE PRICE TAG ONCE SERVED. IT IS ALSO COMMONLY REFERRED TO AS DOLPHIN, BUT HAS NO RELATION TO THE SPECIES..

PACKAGING

IVP - PACKED IN 10/30LB MASTERS - FILLETS AND PORTIONS ARE INDIVIDUALLY QUICK FROZEN AND INDIVIDUALLY VACUUM PACKED FOR FRESHNESS.

MASTER CARTONS



Western Edge SEAFOOD MAHI MAHI

Nutrition Facts

Serving Size	100g
Amount per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 40mg	13%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Not a significant source of Trans Fat, Dietary Fiber, Vitamin A, Vitamin C, or Calcium	
*Percent Daily Values are based on a 2,000 calorie diet.	