



BON SECOUR

409136 - Mahi Mahi Peru 8 Oz Jit



Nutrition Facts

Servings per Container 20
Serving size 8oz (226grams)

Amount per serving
Calories 193

	% Daily Value*
Total Fat 1.59g	2%
Saturated Fat 0.43g	2%
Trans Fat 0g	
Cholesterol 166mg	55%
Sodium 200mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 42g	
Vitamin D	%
Calcium 34mg	3%
Iron 2.56mg	14%
Potassium 943mg	20%

* 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.

* Benefits

Ingredients	Allergens
mahi mahi boneless fillet	

Handling Suggestions

Keep frozen at 0 degrees F or below

Serving Suggestions

Prep & Cooking Suggestions

Product Specifications

Brand	Manufacturer	Product Category
BON SECOUR	BON SECOUR FISHERIES, INC	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
35270	409136	30080564352718		1/10#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.5lb	10lb		No	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	0.75cf	1x1	730days	0 / 32



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Nutrition Analysis

Calories	193	Total Fat	1.59g	Sodium	200mg
Protein	42	Trans Fats	0g	Calcium	34mg
Total Carbohydrates...	0g	Saturated Fat	0.43g	Iron	2.56mg
Sugars	0g	Added Sugars		Potassium	943mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	166mg		
Vitamin A(U)	122	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

