



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

\* 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

