



Nutrition Facts

Servings per Container20

Serving size8oz (226grams)

Amount per serving

Calories193

% Daily Value*	
Total Fat	1.59g2%
Saturated Fat	0.43g2%
Trans Fat	0g
Cholesterol	166mg55%
Sodium	200mg9%
Total Carbohydrate	0g0%
Dietary Fiber	0g0%
Total Sugars	0g
Includes Added Sugar	%
Protein	42g
Vitamin D	%
Calcium	34mg3%
Iron	2.56mg14%
Potassium	943mg20%

* 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

mahi mahi boneless fillet

 Allergens

Handling Suggestions

Keep frozen at 0 degrees F or below

Serving Suggestions

Prep & Cooking Suggestions

 Product Specifications

Brand			Manufacturer			
BON SECOUR			BON SECOUR FISHERIES, INC			
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	TLxHI	Shelf Life	Storage Temp From/To
0in	0in	0in	0.75cf	1x1	730days	0 / 32



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(IU)•	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

