SEA BEST

414531 - Mahi Mahi Fillet Bnls Sknls 4 Oz

Every restaurant seems a bit more exotic with mahi mahi on the menu. Caught on long-lines in the South Pacific, Trident Seafoods Mahi Mahi brings a taste of the tropics, with its meaty texture, mild sweet flavor, and large flake. Our boneless, skinless mahi mahi is portion-controlled and has the bloodline removed to yield a light pink color that turns a beautiful ivory when cooked.

Simply grill this beautiful fish and serve it with a coconut chutney or make your fish tacos more glamorous by pairing it with a pineapple slaw and fruit salsa spiked with Serrano chiles.

SGC FOODSERVICE

Benefits

Ingredients

MAHI MAHI. CONTAINS: FISH (MAHI MAHI).

Allergens

Contains:

fish

Free From:

crustaceans, shellfish, mollusks, eggs, milk, peanuts, sesame, soy, tree nuts, wheat

Nutrition Facts

Servings per Container	**40**
Serving size	**1pc(113g/4oz)**
Amount per serving	
Calories	**100**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 100mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugar	**0%**
Protein 21g	
Vitamin D 1mcg	**5%**
Calcium 17mg	**1%**
Iron 1mg	**6%**
Potassium 470mg	**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.

Handling Suggestions

KEEP FROZEN BELOW 0F. UNTIL READY TO USE.

Serving Suggestions

SERVE AS A MAIN ENTRE.

Prep & Cooking Suggestions

OVEN TEMPERATURES VARY. COOK TO AN INTERNAL TEMPERATURE OF 145F.; FROM THAWED, ALLOW 10 MINUTES OF COOKING TIME PER INCH OF THICKNESS AT; 350F UNTIL FISH FLAKES EASILY WHEN TESTED WITH A FORK.; FROM FROZEN, DOUBLE THE COOKING TIME.; FISH IS BEST WHEN THE FLESH HAS JUST TURNED OPAQUE AND IS STILL MOIST; THROUGHOUT.

Product Specifications

Brand	Manufacturer	Product Category
SEA BEST	BEAVER STREET FISHERIES	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
6217236	414531	00028029847840	1	1/10#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.2lb	10lb	ECU		No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15in	10in	6.25in	0.54ft3	12x2	0DAYS	0°F / 32°F

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Nutrition Analysis - By Serving

Calories	100	Total Fat	1g	Sodium	100mg
Protein	21	Trans Fats	0g	Calcium	17mg
Total Carbohydrates•••	0g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	470mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	80mg		
Vitamin A(IU)•		Vitamin D	1mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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