



GREAT AMERICAN

488223 - Mahi Mahi Pieces 13 Oz

This skinless mahi mahi is wild-caught, individually quick-frozen raw for perfect portions. Also known widely as dorado, mahi mahi is a firm, delicious fish that is easy to grill or bake.



Nutrition Facts

Servings per Container 40
Serving size 4oz(113g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 160mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 22g	
Vitamin D 2mcg	10%
Calcium 4mg	0%
Iron 2mg	11%
Potassium 395mg	8%

* 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

Wild caught
Skinless
Individually Quick Frozen

Ingredients

PACIFIC MAHI MAHI

⚠ Allergens

Contains:

crustaceans fish

Handling Suggestions

KEEP FROZEN STORE AT OR BELOW OF (-18C)

Serving Suggestions

Grill and serve wrapped in a tortilla for delicious tacos.

Prep & Cooking Suggestions

Must be cooked to a minimum internal temperature of 165F (74C).

📄 Product Specifications

Brand	Manufacturer	Product Category
GREAT AMERICAN	GREAT AMERICAN SEAFOOD	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
14624	488223	00829944146243	2	2/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	IDN		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12in	12in	12in	1INQ	12x6	365DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	100	Total Fat	0.5g	Sodium	160mg
Protein	22	Trans Fats	0g	Calcium	4mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	2mg
Sugars	0g	Added Sugars		Potassium	395mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45mg		
Vitamin A(U)		Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

