



MAHI MAHI



Boasting a firm, silky texture coupled with a mildly sweet nutty flavor, it's no wonder why mahi mahi has created such a culinary splash. Nutritious & lean, the fillets are a delight when grilled, roasted or steamed. The plentiful, fast growing mahi thrive in tropical waters & the island flair that this fish embodies can be captured in so many enticing recipes. Try a pan seared/blackened approach or enjoy it "Hawaiian style" with a savory macadamia nut crust.





▶ **PRODUCT FORMS**



Center Cut



Skinless Fillet
4, 6, 8 & 10 oz



Skin-on Fillet
4, 6, 8 & 10 oz



Medallions
2-3 oz



Kabobs
1- 3 oz

▶ **COOKING METHODS & APPLICATIONS**

Broiling • Grilling • Baking • Sautéing • Pan-Frying • Deep-Frying
• **Poaching • Steaming • Braising • Stewing**

- Steaks are best broiled or grilled
- Naturally lean with only 1 gram of fat per 4oz serving
- Sandwich, kabobs, wraps & salads
- Works well with sauces and marinades

▶ **SELLING POINTS**

- Low carb & high protein
- Versatile meat – many applications
- Less expensive than swordfish
- Chemical free – 100% natural
- Tropical flair

MAHI MAHI




Nutrition Facts																						
Serving Size 4 oz (113g)																						
Servings Per Container 3																						
Amount Per Serving																						
Calories 100	Calories from Fat 5																					
% Daily Value*																						
Total Fat 1g	2%																					
Saturated Fat 0g	0%																					
Trans Fat 0g																						
Cholesterol 80mg	27%																					
Sodium 110mg	5%																					
Total Carbohydrate 1g	1%																					
Dietary Fiber 0g	0%																					
Sugars 0g																						
Protein 21g																						
Vitamin A 4% • Vitamin C*																						
Calcium* • Iron 6%																						
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.																						
<table border="1"> <thead> <tr> <th></th> <th>Calories: 2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 25g</td> <td>35g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2400mg</td> <td>2400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>			Calories: 2,000	2,500	Total Fat	Less than 65g	80g	Sat Fat	Less than 25g	35g	Cholesterol	Less than 300mg	300mg	Sodium	Less than 2400mg	2400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g
	Calories: 2,000	2,500																				
Total Fat	Less than 65g	80g																				
Sat Fat	Less than 25g	35g																				
Cholesterol	Less than 300mg	300mg																				
Sodium	Less than 2400mg	2400mg																				
Total Carbohydrate	300g	375g																				
Dietary Fiber	25g	30g																				
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4																						



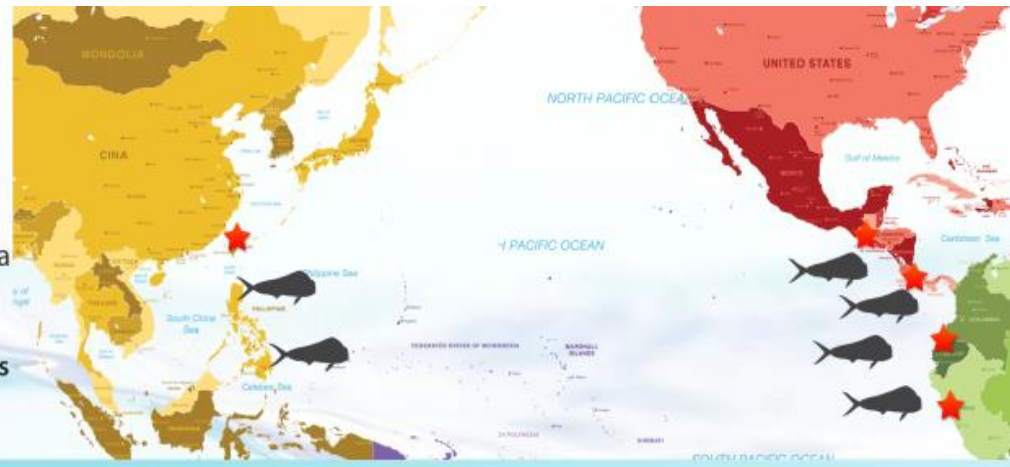
▶ **HARVEST MAP**



Mahi Mahi
Coryphaena hippurus
 Season: Oct-Feb in S. America
 Apr-June in Asia

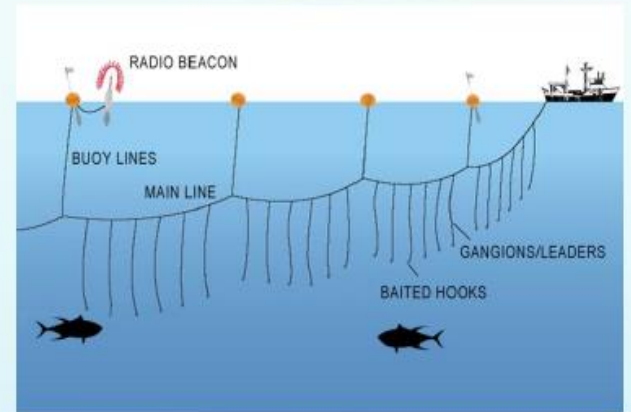
 **Harvesting areas**

 **Processing Centers**



▶ **FISHING METHOD**

Longlining uses baited hooks on offshoots (gangions or leaders) of a single main line to catch fish at a variety of depths. The line is suspended in the water column by floats spread out along the main line.



▶ **FISHERIES MANAGEMENT**

There are no local or international agencies monitoring mahi as there are no current resource issues affecting this species.

MAHI MAHI

