



# SWORDFISH



Dense, meaty & bursting with flavor, our swordfish steaks are magic, whether broiled or barbecued. Enjoy these robust cuts as you would a lean sirloin – drizzled with marinade, dusted with seasoned rubs or cubed for hearty kabobs. In addition to outstanding taste, swordfish offers a low-fat, low-calorie choice for health conscious consumers. And don't forget the heart-healthy benefits of swordfish: rich in Omega-3 fatty acids & other vitamins and minerals.





▶ **PRODUCT FORMS**



1/2 Round



1/4 Round Loin



1/2 Round Steak



1/4 Round Steak



1/4 Round Sandwich Steak  
(1/2" Thick)

▶ **COOKING METHODS & APPLICATIONS**

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

- Steaks are best broiled or grilled
- Beef-like texture
- Moist and flavorful
- Light meat color

▶ **SELLING POINTS**

- 22 grams of protein per serving
- Versatile meat – many applications
- High oil content
- Chemical free – 100% natural
- Low fat

**SWORDFISH**



**Nutrition Facts**

Serving Size 4 oz (113g)  
 Servings Per Container 3

Amount Per Serving		Calories from Fat 50	
		% Daily Value*	
<b>Total Fat</b>	6g		9%
<b>Saturated Fat</b>	1g		5%
<b>Trans Fat</b>	0g		
<b>Cholesterol</b>	45mg		15%
<b>Sodium</b>	100mg		4%
<b>Total Carbohydrate</b>	0g		0%
<b>Dietary Fiber</b>	0g		0%
<b>Sugars</b>	0g		
<b>Protein</b>	22g		

Vitamin A 2% • Vitamin C 2%  
 Calcium 0% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
<b>Total Fat</b>	Less than:	65g	80g
<b>Sat Fat</b>	Less than:	30g	35g
<b>Cholesterol</b>	Less than:	300mg	300mg
<b>Sodium</b>	Less than:	2400mg	2400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrates 4 • Protein 4





### ▶ HARVEST MAP



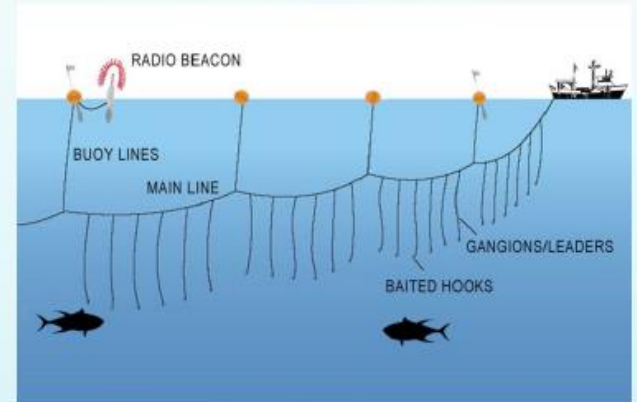
**Swordfish**  
*Xiphias gladius*  
Season: Year Round

-  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

Swordfish are managed by the same commissions that manage tuna, they include the Western and Central Pacific Fisheries Commission (WCPFC) and the Indian Ocean Tuna Commission. Proper documentation of the catch is required for entry into the USA. This information includes the vessel name, catch area, date of catch, method of capture, and the catch quantity. NOAA/NMFS also require documentation that the product is dolphin safe, although that situation pertains mainly to seine fisheries in the Eastern Tropical Pacific.

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