



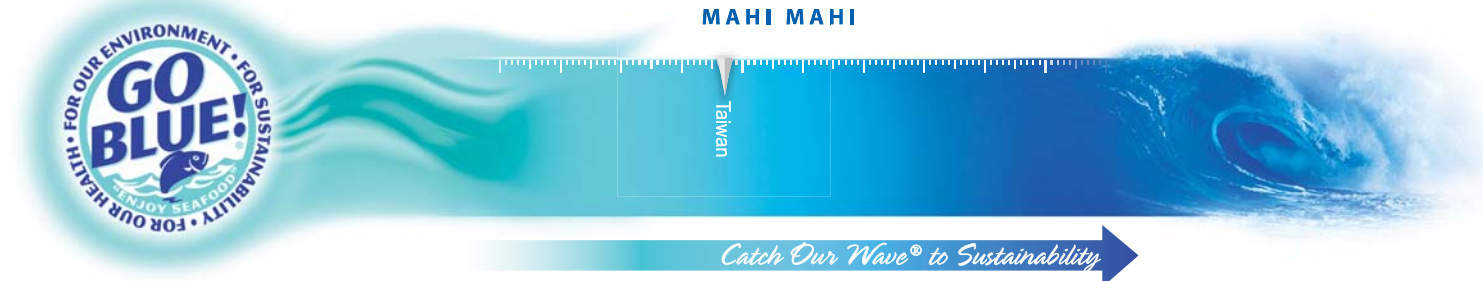
# SEA PORT®

www.cport.net

## MAHI MAHI *Coryphaena hippurus*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://www.un.org/en/globalissues/environment)). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



### PORTIONS

- Skinless, Boneless
- Individually Vacuum Packed
- Retail-Ready Packaging

### FILLETS

- Skin On, Belly Off
- Pin Bone In
- Individually Wrapped

For full package details, visit our website.

Mahi-Mahi has a sweet, mild-to-moderate flavor. It is lean with fairly firm large flakes. Mahi Mahi is suitable for a variety of cooking methods, including broiling, grilling, poaching, steaming, baking or frying. Low in saturated fat, Mahi Mahi are a good source of vitamin B12 and potassium and a very good source of niacin, vitamin B6, selenium and protein. Mahi Mahi's brilliant appearance makes it one of the most beautiful fish in the ocean. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

Product Presentation	Portions IQF, IVP	Fillets Individually Wrapped
Size	4, 6, 8, 10 OZ/piece	1/2, 2/3, 3/4, 4/5, 5/6, 6/UP LB/piece
Pack	1/10 LB	1/50 LB

**IMPORTANT:** Mahi Mahi is part of the scrombroid family. Scrombroid species, when not handled under proper temperature controls, can develop high levels of histamine that may cause illness. Properly handling is critical. Keep Mahi Mahi frozen. Defrost under refrigeration and immediately before use. Do not refreeze once thawed.

**SEASONALITY**  Low  High

Jan Feb Mar April May June July Aug Sept Oct Nov Dec

**FLAVOR**  Mild  Medium  Strong  Sweet

**TEXTURE**  Soft  Medium  Firm  Meaty

For more detailed seasonality, visit our website



### Preparation

Season Mahi Mahi portions with your favorite seasoning or just add salt & pepper and enjoy it sautéed, broiled or on the grill. When ready, serve on a plate accompanied with your favorite side dish.

### Nutrition Facts

Serving Size 4 oz (112g)  
Servings Per Container

Amount Per Serving	% Daily Value**
<b>Calories</b> 100	Calories from Fat 5
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 1g	1%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 21g	
Vitamin A 4%	Vitamin C *
Calcium *	Iron 6%

\* Contains less than 2% daily value of these nutrients.  
\*\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** Mahi-Mahi, Sodium Tripolyphosphate to retain moisture.



Visit our website for more information on this item

**METHOD OF HARVEST:** Wild Caught; Longline FAO 57, 61 & 71  
**COUNTRY OF ORIGIN(S):** Taiwan

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