



www.cport.net

**WAHOO** *Acanthocybium solandri*



**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.



| Product Presentation | Fillet      | Portions    |
|----------------------|-------------|-------------|
| Size/piece           | 5/up lb     | 6 & 8 oz    |
| Pack                 | 1/50 LB IWP | 1/10 LB IVP |

For full package details, visit our website.

Delicate texture and mild flavor, wahoo is a versatile cooking fish. It has a less of the "blood meat" or the strong oiler taste seen in other migratory fish. Wahoo is a lean protein option and its fat content is lower than tuna or mackerel. Poaching or marinades help to soften the texture and is a good compliment to wahoo's mild flavor; also helps to keep the fish moist, this fish can become dry. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website

**RECIPE SUGGESTION**



*Grilled Wahoo*

**INGREDIENTS:**  
 1/2 cup butter, melted  
 1/2 cup extra virgin olive oil  
 6 fresh garlic cloves  
 1/3 cup fresh cilantro or 1/3 cup parsley  
 2 tablespoons cajun seafood seasoning  
 1 lemon, juice of  
 6 Wahoo steaks, about 1/2 inch thick  
 lemon wedge (to garnish)

**DIRECTIONS:**  
 Spray grill with nonstick spray or brush with vegie oil to prevent sticking. Preheat on high for about 10 minutes. Mix first six ingredients in a blender. Purée into a smooth sauce. When ready to cook, brush both sides of steaks with sauce. Place steaks on grill and cook, turning once or twice. Brush more sauce as needed. Fish is done when it flakes easily. Serve with lemon wedges.

Preparation time: 10 min Serves 4-6

<http://www.food.com/recipe/lainies-wahoo-marinade-126219>

**Nutrition Facts**  
 Serving Size 3 oz (85g)  
 Servings Per Container

| Amount Per Serving            | % Daily Value**     |
|-------------------------------|---------------------|
| <b>Calories</b> 114           | Calories from Fat 5 |
| <b>Total Fat</b> 2g           | <b>3%</b>           |
| Saturated Fat 0g              | <b>0%</b>           |
| Trans Fat 0g                  |                     |
| <b>Cholesterol</b> 60mg       | <b>19%</b>          |
| <b>Sodium</b> 170mg           | <b>7%</b>           |
| <b>Total Carbohydrate</b> <1g | <b>0%</b>           |
| Dietary Fiber 0g              | <b>0%</b>           |
| Sugars 0g                     |                     |
| <b>Protein</b> 22g            | <b>44%</b>          |
| 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:** Wahoo.

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

**WEST COAST**  
 131 7th Avenue, West, Kirkland, WA 98033  
 ph: (425) 827-2800 fx: (425) 827-7125

**EAST COAST**  
 536 Fayette Street, Perth Amboy NJ 08861  
 ph: (732) 826-9400 fx: 732.826.8195

e-mail: [sales@cport.net](mailto:sales@cport.net)  
[www.cport.net](http://www.cport.net)



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