Item Specification Sheet

Item: #116742 Mahi Mahi

Order Unit: PACKAGE | Price Unit: PACKAGE | Weight Type: NET WEIGHT

Item Information

Description: All seafood is produced in a facility that compies with current Good Manufacturing Practices and operates under a progrma of proper sanitation standard operating procedures (SSOP's). In Compliance with US Food and Drug Administraction and the National Marine Fisheries Service Regulation 21 CFR Part 123, Approved Hazard Analysis Critical Control Point Plans (HACCP), "Fair Packaging and Labeling Act", and the "Country of Origin and Method of Production" labeling Law.

Characteristics: Individaully skin packed Trays. Wild Caught, Country of Origin: Varies

Specifications

Pieces Per Package: 2
Package Weight: 10 OZ.

Shelf Life: KEEP FROZEN: 2 Years from the production date

Ingredients

Mahi Mahi

ALERGINS: FISH

Cooking Instructions

COOKING INSTRUCTIONS
BAKE, BROIL OR GRILL

To Thaw: Remove fillets from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.

Simple Preparation Instructions: For best taste and texture, grill the mahi mahi fillets.

Grill: Preheat grill. Season with salt and pepper. Turn fillets after 3 to 4 minutes. Continue to grill until fish flakes when pierced with a fork.

Bake: Preheat oven to 425°F. Place fillet in lightly oiled shallow baking dish. Season with salt, pepper and butter or margarine. Bake 6 to 10 minutes per inch of thickness of fillet until it is opaque throughout.

Broil: Preheat broiler. If desired, season fish with salt, pepper and lemon juice. Place pan containing fish 4 to 5 inches from heat and broil 6 to 10 minutes per inch of thickness of fillet. Test flaking at thickest part of fillet.

CAUTION: Contents will be hot. Heating times are approximate. They will vary due to the make, model and temperature calibration of your grill or oven.

Product Images & Nutritional Information

Nutrition Facts

Serving size	**(113g)**
Amount per serving	
Calories	**100**
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 100mg	**4%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes Added Sugars 0g	**0%**
Protein 21g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1.27mg	6%
Potassium 466mg	10%

* 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.



