

IMPORTED FIN FISH – MAHI MAHI



PETERPAN
SEAFOODS, INC.

IMPORTED FIN FISH MAHI MAHI

(*Coryphaena hippurus*)

BUYER'S INFORMATION

Mahi Mahi is the Hawaiian name for dolphin fish. The name "dolphin fish" was given because of its habit of swimming ahead of sailing ships, much as the dolphin does. It was later given the name of Mahi Mahi (meaning strong swimmer) to distinguish it from the marine mammal, to which it is totally unrelated.

Mahi portions have a fairly mild yet pronounced flavor, somewhat similar to swordfish. The lean meat is fairly firm in texture, though not steak-like, and it has large moist flakes. The majority of the Mahi for our portion program is purchased from the Ecuador / Peru area long preferred for high quality product.

FORMS

4, 6, 8 and 10 oz. Portions
Boneless / Skinless
Blood Line Removed

NUTRITION

Serving Size:	4 oz. raw (112g)
Calories:	101
Calories from Fat:	9
Protein:	21.3 g
Total Fat:	1.0 g
Saturated Fat:	0.3 g
Trans Fat:	0 g
Cholesterol:	97 mg
Sodium:	145 mg
Total Carbohydrates:	0 g
Dietary Fiber/Sugar:	0 g
Omega 3 Fatty Acids:	N/A

SPECIFICATIONS

Size	Package	Carton	Avg Pieces per Case
4 oz. (Twin Pack)	Vac Pac	1/10 lb.	39-42
6 oz. (Single Pack)	Vac Pac	1/10 lb.	24-28
8 oz. (Single Pack)	Vac Pac	1/10 lb.	19-23
10 oz. (Single Pack)	Vac Pac	1/10 lb.	15-19

DIMENSIONS

Product Description	Package Size	Net Weight	Gross Weight	Pallet Count	Pattern	Dimensions L" x W" x H"	Cube
All Portions	1/10 lb.	10 lbs.	12 lbs.	180	18x10	11.50" x 8.75" x 8.50"	0.49



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