



# Mahi Mahi

Mahi-mahi is found worldwide and tends to follow the warm currents of the tropics and subtropics. It is typically either long-line or troll harvested, and the optimal catch size is between 10 and 40 pounds. Cannon Fish imports premium mahi-mahi from Asia, Central America, and South America year-round. The firm, light, pink flesh and the delicate, sweet flavor allow for a variety of creative preparations in the kitchen, making mahi-mahi very popular among chefs worldwide.

\* For custom product information, please contact your Cannon Fish Company sales representative.

Common Name Mahi-mahi, dorado

Market Name Mahi-mahi

Scientific Name *Coryphaena hippurus*



## Sustainability Information

Mahi Mahi Sustainability Letter

## Recipes

Mahi Fish Tacos

Sauteed Mahi Mahi with Pineapple Glaze

Seared Mahi Mahi with Zesty Basil Butter

## Nutritional Facts

Serving Size: 3.5 oz. (raw)

Calories: 85

Fat Calories: 6.3

Total Fat: 0.7 g

Cholesterol: 73 mg

Protein: 18.50 g

Iron: 1.13 mg

Sodium: 88 mg

Omega-3: 0.113 g

## PRODUCT INFORMATION

### Value Added Products

Private Label

Retail Bag Line

Signature Portions®

### Portions (skin-on or skinless)

- Sizes: 2- to 4-oz / 4-oz. / 6-oz. / 8-oz. / 10-oz. / market cuts
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 25-lb. / Custom-Packed

### Fillets and Fletches (skin-on or skinless)

- Sizes: 1-lb. / 1- to 3-lb. / 3- to 5-lb. / market cuts
- Pack Types: Vacuum-Packed / Bulk IQF
- Pack Sizes: 30-lb. / 50-lb. / Custom-Packed

