



# Wahoo

Wahoo is typically long-line or trawl harvested and tends to migrate along the warm currents of the tropics and subtropics worldwide. It is fast-growing but relatively short-lived (four to six years). Since the species is highly migratory and mostly solitary. It is just beginning to be studied in depth, although by all indications the population is stable and can handle high fishing rates. The optimal catch size is around 30 pounds. Cannon Fish imports premium long-line harvested wahoo from Indian and Pacific Ocean fisheries on a daily basis. The mild flavor and delicate texture of this fish distinguish it from other open-ocean migratory species, and it has become increasingly popular among chefs because of its versatility in the kitchen.

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

Common Name Wahoo, ono  
Market Name Wahoo  
Scientific Name *Acanthocybium solandri*

## PRODUCT INFORMATION

### Value Added Products

Private Label  
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



## Sustainability Information

Wahoo Sustainability Letter

## Recipes

Grilled Wahoo with Tomato Sauce  
Pan Seared Wahoo with an Apple Mango Chutney  
Wahoo Marinade

## Nutritional Facts

Serving Size: 3.5 oz. (raw)  
Calories: 167  
Fat Calories: 84.24  
Total Fat: 9.36 g  
Cholesterol: 64 mg  
Protein: 19.32 g  
Iron: N/A  
Sodium: 78 mg  
Omega-3: N/A

