



Sea Best  
1067619304 - 6 Oz Mahi Mahi Port

Sea Best Mahi Mahi has a mild, sweet flavor and firmness that makes this fish especially satisfying, and simple to cook. The flavor and texture of Mahi also makes it an extremely versatile fish that works well with a wide variety of flavors. Apart from being a delicious fish, mahi is a very healthy one too. It's low in saturated fat and is a good source of vitamin B12, phosphorus, potassium, protein, niacin, vitamin B6, and selenium.



\* Benefits

Ingredients

Mahi Mahi

⚠ Allergens

Contains:



May Contain:



Free From:



Nutrition Facts

Servings per Container 40  
Serving size 4oz (112g)

Amount per serving  
**Calories 100**

|                          | % Daily Value* |
|--------------------------|----------------|
| Total Fat 1g             | 2%             |
| Saturated Fat 0g         | 0%             |
| Trans Fat 0g             |                |
| Cholesterol 80mg         | 26%            |
| Sodium 100mg             | 4%             |
| Total Carbohydrate 0g    | 0%             |
| Dietary Fiber 0g         | 0%             |
| Total Sugars 0g          |                |
| Includes 0g Added Sugars | 0%             |
| Protein 21g              |                |
| Vitamin D 0µg            | 0%             |
| Calcium 26mg             | 2%             |
| Iron 1mg                 | 5%             |
| Potassium 466mg          | 9%             |

\* 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.

Handling Suggestions

Keep frozen. Do not refreeze.

Serving Suggestions

Serve with sides like rice pilaf, quinoa salad, roasted potatoes or sautéed vegetables for a center-of-the-plate approach. Or you can also serve this fish in entrées such as fish tacos, sandwiches, salads, wraps, soups and stews, stir-fry, curry, pasta, and any other dish as a delicious alternative to beef, chicken and pork.

Prep & Cooking Suggestions

This fish tastes delicious baked, grilled or sautéed. Serve with sides, or in salads and sandwiches. Cook to an internal temperature of 145°F.

📄 Product Specifications

| Brand    | Manufacturer                 | Product Category |
|----------|------------------------------|------------------|
| Sea Best | Beaver Street Fisheries Inc. | Fish, Commodity  |

| MFG #   | SPC #      | GTIN           | Pack | Pack Desc. |
|---------|------------|----------------|------|------------|
| 6217240 | 1067619304 | 00075391014158 | 0    | 1/10 lbs   |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 12.67lb      | 10lb       | ECU               | No     |                 |

| Shipping Information |         |        |         |       |            |                      |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length               | Width   | Height | Volume  | TlxHI | Shelf Life | Storage Temp From/To |
| 16.25in              | 12.25in | 3.75in | 0.43ft3 | 8x10  | 1095DAYS   | -10°F / 0°F          |



Sea Best

1067619304 - 6 Oz Mahi Mahi Port

Sea Best Mahi Mahi has a mild, sweet flavor and firmness that makes this fish especially satisfying, and simple to cook. The flavor and texture of Mahi also makes it an extremely versatile fish that works well with a wide variety of flavors. Apart from being a delicious fish, mahi is a very healthy one too. It's low in saturated fat and is a good source of vitamin B12, phosphorus, potassium, protein, niacin, vitamin B6, and selenium.

**MAHI-MAHI PORTIONS 6 OZ**



Nutrition Analysis - By Serving

|                        |         |                     |      |                |       |
|------------------------|---------|---------------------|------|----------------|-------|
| Calories               | 100kcal | Total Fat           | 1g   | Sodium         | 100mg |
| Protein                | 21g     | Trans Fats          | 0g   | Calcium        | 26mg  |
| Total Carbohydrates... | 0g      | Saturated Fat       | 0g   | Iron           | 1mg   |
| Sugars                 | 0g      | Added Sugars        | 0g   | Potassium      | 466mg |
| Dietary Fiber          | 0g      | Polyunsaturated Fat | 0g   | Zinc           |       |
| Lactose                |         | Monounsaturated Fat | 0g   | Phosphorus     |       |
| Sucrose                |         | Cholesterol         | 80mg |                |       |
| Vitamin A(IU)•         | 54NIU   | Vitamin D           | 0µg  | Thiamin        |       |
| Vitamin A(RE)          |         | Vitamin E           | 0mg  | Niacin         |       |
| Vitamin C              | 0mg     | Folate              |      | Riboflavin     |       |
| Magnesium              |         | Vitamin B-6         |      | Vitamin B-1 2• |       |
| Monosodium             |         | Sulphites           |      | Nitrates       |       |

 Additional Images

