

# Mahi-Mahi

... grill to perfection.

Sometimes called Dorado, the name Mahi-Mahi comes from the Hawaiian language meaning “very strong”. This fish has lean flesh with a mild, sweet flavour profile, moderately firm texture and large, moist flakes. With the rise in other whitefish pricing, Mahi-Mahi is a great premium alternative.







## Nutrition Facts

Serving Size 1.5 oz

### Amount Per Serving

**Calories** 100 Calories from Fat 7

		% Daily Values*
<b>Total Fat</b>	0.82g	<b>1%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	86mg	<b>29%</b>
<b>Sodium</b>	104mg	<b>4%</b>
<b>Total Carbohydrate</b>	0g	<b>0%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	0g	
<b>Protein</b>	21g	<b>42%</b>

Vitamin A 5% • Calcium 2%  
Iron 7%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

## Features & Benefits

- Mild flavour
- Tight portion control
- Great for authentic fish tacos
- Easily takes on flavours introduced during cooking
- Grillable, crustable, blackened or baked, Mahi Mahi is very versatile.

Product #	Description	Size	Pack
0312	Mahi Mahi Taco Cut	1.5 oz	1/10 lb
0396	Mahi Mahi Portion	6 oz	1/10 lb

**TEJA**  
FOOD GROUP

global source. local values.

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