



Bonito/Bullet Mackerel

Auxis Spp

General Characteristics:

Bullet Mackerel have dorsal fins narrowly separated by a small space. They are completely scaled and display lateral lines across their body. Bonito is prized around the world as a cross between tuna and mackerel. Their oily consistency also makes for great bait.



Fishing Season: Available Year-Round

Grade: Food or Bait

Origin: Ecuador, Taiwan, Peru

Size: 200/300g, 500g+

Pack Style: Block Frozen

Nutritional Value:

Serving Size 100g

Calories: 125

Total Fat: 10g

Saturated: 3g

Monounsaturated: 4.2g

Polyunsaturated: 2.3g

Cholesterol: 76mg

Sodium: 50mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 20g

Calcium: 29mg

Iron: 1.25mg