



Mahi-Mahi

Coryphaena hippurus

General Characteristics:

Mahi-Mahi is a fish found all around the world in warm-water oceans. Mahi-Mahi is a flashy, golden fish that is found in all color hues from blue to gold and is known for its strength. Mahi-Mahi is prized around the world for its delectable, sweet taste and firm texture.

Fishing Season: Year-round

Grade: Food

Origin: Morocco, Vietnam, Philipines

Size: Buffet, 4 oz, 6 oz, 8 oz, 10 oz

Pack Style: Block Frozen

Nutritional Value:

Serving Size 100g

Calories: 85

Total Fat: 0.7g

Saturated: 0.12g

Monounsaturated: 0.1g

Polyunsaturated: 0.52g

Cholesterol: 72mg

Sodium: 88mg

Total Carb: 0.5g

Dietary Fiber: 0g

Sugars: 0g

Protein: 18.5g

Calcium: 15mg

Iron: 1.13mg