



Product: **MAHI BUFFET 2-4OZ**
INDIV. QUICK FROZEN, SKINLESS & BONELESS

AKA/ Species: Dolphin Fish / Coryphaena hippurus
Brand: NETUNO
Form: Frozen, Skinless & Boneless Cuts
Origin: Indonesia, Vietnam & Venezuela
Allergens: Contains Fish
Ingredients: Mahi
Method of Capture: Hook & Line / Wild Caught
Flavor Graph: Mild **Medium** Full Flavored
Texture Graph: Delicate Medium **Firm**
Suggested Cooking Methods: **Baking Broiling** Ceviche **Flat Top Frying Grilling** Sashimi **Sautee Soups**
Seasonality: **Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec**
Storage: Keep Frozen at -18C or Colder **Shelf Life (frozen):** 24 months
Thawing Instructions: Remove from bag and thaw under refrigeration for 4-6 hours or place under running water until thawed. DO NOT leave soaking in water, it will affect the flavor and texture of the fish.
Thawed Storing Tips: Keep Refrigerated, use within 24 hours for best results.
Pack: Individually Quick Frozen, 2x5lb Bags, 10lb Corrugated Case
Box Dimensions: L 10" x W 20" H 3.55" **Ti x Hi:** 9x15

NETUNO Item #	Fillet Size	Case Size	Avg. Units Per Case	Master GTIN	Master UPC
101243	2-4oz	10lb	55	10856856006911	856856006914



THE GLOBAL LANGUAGE OF BUSINESS

Packed in a HACCP certified and BRC approved plant.



Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 7.6mg	0%
Iron 0.3mg	2%
Potassium 461mg	10%

*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.