

NUTRITIONAL FACTS

EGG HARBOR

3 lbs. Southern-Style Buttermilk Mahi Mahi



EGG HARBOR
SEAFOOD

30527

SOUTHERN STYLE MAHI MAHI

KEEP FROZEN

INGREDIENTS: MAHI MAHI, WHEAT FLOUR, SOYBEAN OIL, MODIFIED CORN STARCH, SALT, DEXTROSE, BUTTERMILK AND WHEY SOLIDS, EGG WHITES, CORN STARCH, YELLOW AND WHITE CORN FLOUR, WATER, MALTODEXTRIN, SPICES, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), YEAST, YEAST EXTRACT, BROWN SUGAR, DISODIUM INOSINATE, DISODIUM GUANYLATE, CORN SYRUP AND VINEGAR SOLIDS, CONCENTRATED LEMON JUICE, BUTTER (CREAM, SALT), NONFAT MILK, NATURAL FLAVORS, DEHYDRATED PARSLEY, LESS THAN 2% SODIUM SILICOALUMINATE (ANTICAKING), CITRIC ACID, MODIFIED CELLULOSE GUM, STARTER DISTILLATE.

COOKING INSTRUCTIONS: FROM FROZEN. PREHEAT OVEN TO 400°F FOR 10 MINUTES. PLACE MAHI MAHI FINGERS ON LIGHTLY GREASED OR ON A NONSTICK SHEET PAN, BAKE ON 400°F FOR 18-20 MINUTES UNTIL CRISP AND GOLDEN. TURN OVER HALFWAY THROUGH COOKING. DO NOT MICROWAVE. COOK TO A MINIMUM INTERNAL TEMPERATURE OF 145°F. **AIR FRY INSTRUCTIONS:** FROM FROZEN: COOK ON 370°F FOR 10-12 MINUTES. DO NOT MICROWAVE. AIR FRYER'S COOKING WATTAGE MAY VARY AND REQUIRE ADJUSTMENTS TO COOKING TIMES. COOK TO AN INTERNAL TEMPERATURE OF 145°F. NOTE: OVEN TEMPERATURES MAY VARY, ADJUST ACCORDINGLY. CAUTION: WHILE WE MAKE EVERY EFFORT TO REMOVE ALL BONES, PLEASE KNOW THAT, AS WITH ALL FISH, SOME BONES MAY STILL BE PRESENT.

CONTAINS FISH (MAHI), WHEAT, MILK, EGG

LOT NO: XXXXXXXX 1/3 lb Net weight 3 lbs.

Manufactured For: Egg Harbor, Swedesboro, NJ 08085

Nutrition Facts

about 14 servings per container
Serving size 3.5oz (99g/1 portion)

Amount per serving
Calories 170

	% DV*
Total Fat 4g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 430mg	19%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 289mg	6%

*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.

