

Mahi Mahi

Serving Size 3 oz/cooked, dry heat

Amount Per Serving

Calories 93

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 80mg	27%
Sodium 96mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 20g

Calcium 16mg • Potassium 453mg

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. © www.CalorieKing.com



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