



## Swordfish

Swordfish is an offshore, pelagic member of the billfish family found worldwide in both temperate and tropical waters. Swordfish are typically found at depths between 600 and 1,900 feet and are known to feed on squid, octopus, and a variety of other offshore species. Swordfish are typically long-line harvested, processed, and frozen aboard the fishing vessel. The fishery for swordfish is a great example of effective management, and internationally set quotas and minimum size requirements have been implemented. The firm, meaty texture and supple, sweet flavor of this delicacy make it very popular with food aficionados and high-quality restaurants around the world.

\* For custom product information, please contact your Cannon Fish Company sales representative.

Common Name Swordfish

Market Name Swordfish

Scientific Name *Xiphias gladius*

### PRODUCT INFORMATION

#### Value Added Products

Private Label  
Retail Bag Line  
Signature Portions®

#### Steaks (skin-on)

- Sizes: 4-oz. / 6-oz. / 8-oz. / 10-oz. / market cuts
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 25-lb. / Custom-Packed

#### Loins (skin-on)

- Sizes: 5- to 12-lb. / 8- to 20-lb.
- Pack Types: Vacuum-Packed / Bulk IQF
- Pack Sizes: 30-lb. / 50-lb. / Custom-Packed



### Sustainability Information

Swordfish Sustainability Letter

### Recipes

Broiled Swordfish Steaks  
Grilled Swordfish with Thai-Style Peanut Sauce  
Rosemary Citrus Grilled Swordfish  
Swordfish Kabobs

### Nutritional Facts

Serving Size: 3.5 oz. (raw)  
Calories: 121  
Fat Calories: 36.2  
Total Fat: 4.01 g  
Cholesterol: 39 mg  
Protein: 19.80 g  
Iron: 0.81 mg  
Sodium: 90 mg  
Omega-3: 0.825 g

