

# Yellowfin Tuna (Thunnus Albacares)



## COMMON NAMES

Yellowfin Tuna, Pacific Yellowfin, Ahi (Hawaiian)

## SEASONAL AVAILABILITY

Year-Round

## PRIMARY PRODUCT FORMS

**Fresh:** H&G, Chunks, Loins, Steaks

**Frozen:** H&G, Chunks, Loins, Steaks

**Value-Added:** Canned, Pre-Marinated Steaks, Smoked Strips and Jerky, Sashimi, Burgers/Patties

## PRODUCT PROFILE



## COOKING TIPS

Yellowfin tuna (also known as ahi tuna) is excellent raw or cooked. For grilling or broiling, cut steaks one inch thick, and use a marinade or seasoning to enhance the flavor. For quick preparation, just brush with olive oil and sprinkle with seasoning. For a milder taste, remove the dark lateral line from the meat. Tuna can also marinate for several hours without becoming “cooked.”

## COOKING METHODS

- |   |   |   |
|---|---|---|
| <input checked="" type="checkbox"/> BAKE  | <input checked="" type="checkbox"/> GRILL | <input checked="" type="checkbox"/> SMOKE |
| <input checked="" type="checkbox"/> BROIL | <input type="checkbox"/> POACH            | <input type="checkbox"/> STEAM            |
| <input type="checkbox"/> FRY              | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL             |

## DID YOU KNOW...

The yellowfin (also known as “ahi tuna”) is distinguished by its long, bright yellow dorsal fin and the yellow stripe down its body. More slender than the bigeye or bluefin tuna, yellowfins are the most tropical of the tuna species. Yellowfin is primarily caught by purse seine, but the higher-quality yellowfin is caught by hook and line. These fish range from the ocean surface to below 600 feet. High-quality yellowfin comes from Hawaii, Florida, Mexico, Southern California and the Gulf of California.

## GLOBAL SUPPLY



## NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)  
AMOUNT PER SERVING

Calories	108
Fat Calories	8.1
Total Fat	0.9 g
Saturated Fat	0.2 g
Cholesterol	45 mg
Sodium	37 mg
Protein	23.4 g
Omega-3	0.2 g

*If it swims we have it.*

SEATTLE FISH C<sup>o</sup>

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