

Mullet

Mullet are found in the bays and estuaries on Florida's Atlantic and Gulf Coasts and also worldwide in tropical and subtropical waters. Striped mullet (*Mugil cephalus*) and white mullet (*Mugil curema*) are the two varieties of mullet commercially harvested in Florida. Striped mullet are commonly called black mullet, gray mullet or jumping mullet. White mullet are called silver mullet.

Mullet have an elongated, stout body with a dark bluish color at the top shading to silver along the sides and widely separated dorsal fins. The average weight is 2 to 3 pounds, but can be in excess of 6 pounds.

Mullet swim in large schools and are commonly seen jumping out of the water. This accounts for the name "jumping mullet" and makes it easy for fishermen to spot them. The primary Florida commercial fishery area is along the Gulf Coast. Commercial harvesters use a cast, beach or haul-seine net to catch mullet.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portion: Calories 130, Calories From Fat 35, Total Fat 4g, Saturated Fat 1.5g, Trans Fatty Acid 0, Cholesterol 55mg, Sodium 85mg, Total Carbohydrates 0g, Protein 21g, Omega 3 Fatty Acid 0.35g.

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Service at (850) 617-7280.