



**Fish Processing Unit of Mina Muara  
Sejahtera Cooperative**



# PRODUCT E - CATALOG 2025

Fish processing unit with quality products  
and modern facilities

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# Welcome to Our Product Catalog

## Fish Processing Unit of Mina Muara Sejahtera Cooperative

The Fish Processing Unit is the latest development by Koperasi Mina Muara Sejahtera to increase the added value of fishermen's catch.

## About Us

We are the Mina Muara Sejahtera Cooperative Fish Processing Unit, a provider of quality fish products with the best storage facilities. Serve your needs in providing fresh and processed fish. With a cold storage capacity of 120 tons, we provide the latest technology to maintain fish freshness. Join us to get high quality fish products and the best service.

Objectives of the Fish Processing Unit:

- Packaging:
- Hygienically packaging products to maintain quality and extend shelf life.
- Storage:
- Storing products in the cooperative's cold storage facility.
- Increase absorption of fishermen's catch.
- Stabilize fish prices in the market.
- Add value and open new markets.
- Create new job opportunities in the region.
- Improve the welfare of cooperative members.



# About Our Products

**We provide fresh ribbon fish processed with the best quality standards.**

## **Cutlassfish or Hairtail**

High quality fresh ribbon fish, ready to be processed and enjoyed.

## **Sardinella longiceps**

High quality fresh ribbon fish, ready to be processed and enjoyed.

## **Tuna fish**

Selected fish, delicious and nutritious for various dishes

## **Mahi-mahi**

High quality fresh fish, with tasty meat and soft texture.

## **Skipjack tuna**

Fresh fish from the sea ready to be processed into delicious dishes.

## **Octopus**

Our selected fish are ready to meet the needs of restaurants and consumers, and other fish.







Tuna

Tuna is a popular saltwater fish that belongs to the family Scombridae, known for its firm texture, rich flavor, and nutritional benefits. There are various species of tuna, including yellowfin, albacore, bluefin, skipjack, and bigeye, commonly used in sushi, grilled dishes, and canned products. Nutritional Content (per 100 grams of raw tuna, varies slightly by species): Calories: 130-160 kcal Protein: 23-29 grams Fat: 1-5 grams (depending on the species) Saturated Fat: 0.3-1 grams Omega-3 Fatty Acids: 0.2-1.6 grams (rich in EPA and DHA)



Fresh Tuna Catch

Freshly caught tuna with firm texture and natural shine ideal for premium quality products.



Cleaned Tuna Display

Tuna has been cleaned and prepared, maintaining hygiene and freshness for processing.



Frozen Tuna Stock

Frozen tuna stored for export or large-scale food industry needs, preserving flavor and nutrients.





Hairtail/Cutlassfis/Layur

The hairtail or cutlassfish (from the family Trichiuridae, commonly Trichiurus lepturus) is a long, slender fish known for its silver, ribbon-like body, resembling a sword or cutlass. It's found in tropical and temperate oceans worldwide and is often used in various Asian cuisines, particularly in China, Korea, and Japan. Nutritional Content (per 100 grams of raw hairtail/cutlassfish): Calories: 100-130 kcal Protein: 18-20 grams Fat: 4-6 grams Saturated Fat: 1-1.5 grams Omega-3 Fatty Acids: Moderate amounts Cholesterol: 60-80 milligram.



Receiving Fresh Hairtail

Fresh, high-quality hairtail just received from fishermen, ready for processing.



Sorting and Cleaning

Cleaned and sorted hairtail to maintain product freshness and quality.



Ready for Distribution

Frozen hairtail ready for distribution—ideal for export and food industry use.

# Our Product Cuttlefish



## Cuttlefish

Nutritional Content (per 100 grams of raw cuttlefish): Calories: 80-90 kcal Protein: 16-18 grams Fat: 1-2 grams Saturated Fat: 0.3 grams Omega-3 Fatty Acids: Moderate amount Cholesterol: 100-120 milligrams Sodium: 200-250 milligrams Key vitamins and minerals: Vitamin B12: High, essential for nerve function and blood cell production. Vitamin D: Supports bone health and immune function. Selenium: Aids antioxidant protection and thyroid function. Iron: Important for oxygen transport in the blood. Phosphorus: Essential for bone and teeth health



### Frozen Cuttlefish

Cuttlefish neatly arranged and frozen into blocks for efficient storage and large-scale distribution. Ideal for export and wholesale supply chains.



### Raw Cuttlefish (Cleaned)

Fresh raw cuttlefish, already cleaned and ready for further processing. Maintains freshness and quality for culinary and industrial uses.



### Whole Cuttlefish (Fresh)

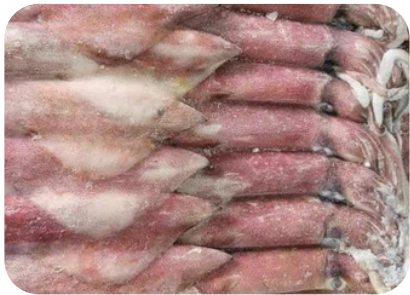
Whole fresh cuttlefish with natural shine and firm texture, perfect for high-grade seafood selections.





Rubber Squid

Nutritional Content (per 100 grams of raw squid): Calories: 90-100 kcal Protein: 15-17 grams Fat: 1-2 grams Saturated Fat: 0.4 grams Omega-3 Fatty Acids: Moderate amount Cholesterol: 230-260 milligrams Sodium: 40-50 milligrams Key vitamins and minerals: Vitamin B12: High, important for red blood cell formation and nerve function. Vitamin B6: Supports brain development and function. Selenium: Powerful antioxidant for immune support. Phosphorus: Promotes bone and teeth health. Copper: Essential for iron absorption and energy production



Frozen Cuttlefish

Cuttlefish neatly arranged and frozen into blocks for efficient storage and large-scale distribution. Ideal for export and wholesale supply chains.



Raw Cuttlefish (Cleaned)

Fresh raw cuttlefish, already cleaned and ready for further processing. Maintains freshness and quality for culinary and industrial uses.



Whole Cuttlefish (Fresh)

Whole fresh cuttlefish with natural shine and firm texture, perfect for high-grade seafood selections.



# Our Product Loligo Squid



## Loligo Squid

Nutritional Content (per 100 grams of raw loligo squid): Calories: 80–95 kcal  
Protein: 15–16 grams Fat: 1 gram Saturated Fat: 0.3 grams Omega-3 Fatty Acids: Moderate Cholesterol: 200–220 milligrams Sodium: 40–60 milligrams

Key Vitamins and Minerals:

- Vitamin B12: High content, essential for nerve health and red blood cell formation.
- Vitamin B6: Enhances metabolism and brain function.
- Phosphorus: Promotes bone strength.
- Zinc: Supports immunity and cell regeneration.
- Selenium: Antioxidant properties for cellular protection.
- Copper: Plays a role in iron metabolism and heart health.



### Frozen Loligo Squid

Fresh loligo squid cleaned and frozen into compact blocks. Ideal for industrial supply chains and efficient cold storage logistics.



### Cleaned Loligo Squid

Ready-to-cook cleaned squid, retaining natural taste and texture. Great for foodservice, restaurants, and further processing industries.



### Whole Loligo Squid (Fresh)

Whole squid with bright, natural color and firm texture. Popular for premium seafood markets and culinary excellence.

# Our Product shortfin scad (Decapterus)



## shortfin scad (Decapterus)

Nutritional Content (per 100 grams of raw lemuru): Calories: 130–150 kcal Protein: 18–20 grams Fat: 4–6 grams Saturated Fat: 1.5 grams Omega-3 Fatty Acids : High Cholesterol: 50–70 milligrams Sodium: 40–60 milligrams

Key vitamins and minerals:

- Vitamin B12: Boosts red blood cell production and supports the nervous system
- Vitamin D: Promotes calcium absorption and bone strength
- Selenium: Acts as an antioxidant
- Phosphorus: Supports bone health
- Iodine: Essential for thyroid function

Health Benefits:

- Supports heart and brain health
- Helps maintain strong bones and teeth
- Contributes to energy metabolism and immune defense



### Frozen Lemuru

Lemuru fish carefully packed and frozen to preserve freshness and nutritional value. Ideal for long-term storage, export, and distribution to global seafood markets.



### Raw Cuttlefish (Cleaned)

Fresh, cleaned Lemuru ready for further processing or direct use in cooking. Ensures quality and safety for restaurants, households, or industry-grade processing.



### Whole Lemuru (Fresh)

Whole fresh Lemuru with natural shine and firm texture. Perfect for high-end seafood selections, local markets, or ready-to-cook packaging.





Lemuru Fish

Nutritional Content (per 100 grams of raw lemuru): Calories: 130–150 kcal Protein: 18–20 grams Fat: 4–6 grams Saturated Fat: 1.5 grams Omega-3 Fatty Acids : High Cholesterol: 50–70 milligrams Sodium: 40–60 milligrams

Key vitamins and minerals:

- Vitamin B12: Boosts red blood cell production and supports the nervous system
- Vitamin D: Promotes calcium absorption and bone strength
- Selenium: Acts as an antioxidant
- Phosphorus: Supports bone health
- Iodine: Essential for thyroid function

Health Benefits:

- Supports heart and brain health
- Helps maintain strong bones and teeth
- Contributes to energy metabolism and immune defense



Frozen Lemuru

Lemuru fish carefully packed and frozen to preserve freshness and nutritional value. Ideal for long-term storage, export, and distribution to global seafood markets.



Raw Cuttlefish (Cleaned)

Fresh, cleaned Lemuru ready for further processing or direct use in cooking. Ensures quality and safety for restaurants, households, or industry-grade processing.



Whole Lemuru (Fresh)

Whole fresh Lemuru with natural shine and firm texture. Perfect for high-end seafood selections, local markets, or ready-to-cook packaging.



# Our Product whiteleg shrimp (Litopenaeus vannamei)



## whiteleg shrimp

Vaname Shrimp (*Litopenaeus vannamei*) is one of the leading commodities in the fisheries industry because of its soft meat quality, savory taste, and high nutritional content. We provide fresh and frozen vaname shrimp with a hygienic handling process, ideal for the needs of the export market, hotels, restaurants, and household consumption.

Available in various sizes according to your needs.

Export quality, free from harmful chemicals.

Nutritional Content (per 100 grams):

Calories: 130–150 kcal Protein: 18–20 grams

Fat: 4–6 grams Saturated Fat: 1.5 grams

Omega-3: High, Cholesterol: 50–70 mg

Sodium: 40–60 mg .



### Frozen Whiteleg Shrimp

Whiteleg shrimp carefully frozen to lock in freshness and nutritional value. Ideal for long-term storage, international export, and large-scale seafood supply. Processed under hygienic conditions to ensure safety and high quality.



### Cleaned Whiteleg Shrimp

Freshly cleaned whiteleg shrimp, ready for direct cooking or further processing. Suitable for restaurants, catering services, or home use. Delivers convenience without compromising freshness and texture.



### Fresh Whiteleg Shrimp

Whole whiteleg shrimp with glossy, firm texture freshly harvested and immediately packed. Perfect for high-end culinary use, local seafood markets, or premium ready-to-cook packaging.

## Fish Processing Unit of Mina Muara Sejahtera Cooperative

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**Thank you for reading this e-  
catalog.  
We hope to build a strong and  
successful partnership with you.**

## REACH US HERE:

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+6281385529886



unitperikananterpadu@gmail.com



Binuangeun, Kec. Wanasalam, Lebak  
Banten



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