

633821 - 1/10 LB PAN-SEAR Roasted Garlic & Herb Tilapia Fillet...

Fishery Product Pan-Sear Roasted Garlic & Herb Tilapia Fillets are coated with a savory roasted garlic and herb breading. Each fillet quickly bakes, fries or sautés from frozen to the ideal combination of delicately crispy outer crust with the mildly sweet, flaky texture of the Tilapia perfectly preserved inside. This delicious menu option is part of the Pan-Sear Selects® line ...



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
1059340	633821	10035493593408	1/10 LB

Brand	Brand Owner	GPC Description
FPI	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11.508 LBR	10 LBR	No	Canada	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - C
- Fish - C
- Wheat - N
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS



Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features. Ideal as a center of the plate entrée, as a sandwich, or portioned atop a fresh salad. Pairs well with a variety of sides and your signature sauces.

INGREDIENTS



TILAPIA, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, RICE FLOUR, WATER, CONTAINS 2% OR LESS OF: ROASTED GARLIC, SALT, SPICES, DISODIUM GUANYLATE, DISODIUM INOSINATE, MALTODEXTRIN, SUGAR, GREEN ONION, NATURAL FLAVOR, SOY LECITHIN. CONTAINS: FISH (TILAPIA), SOY

HANDLING SUGGESTIONS



Keep Frozen

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS: For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare – Do not refreeze TO PAN SAUTÉ/FLAT GRILL: Preheat flat grill to 325°F (Medium High Heat) and cook for 10-11 minutes, turning over halfway through cooking. TO DEEP FRY: Preheat fryer to 350°F and fry for 3 1/4-3 1/2 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9 1/2 -10 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 18-20 minutes. COOKING INSTRUCTIONS IF THAWED: Remove frozen portion from packaging. Place the portions in a clean, sanitized container in a single layer and cover. Place the covered portions under refrigeration (38°F or below) overnight. TO PAN SAUTÉ/FLAT GRILL: Preheat flat grill to 325°F (Medium High Heat) and cook for 6-7 minutes, turning over halfway through cooking. TO DEEP FRY: Preheat fryer to 350°F and fry for 1 1/2-2...

MORE INFORMATION



FPI

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NUTRITIONAL ANALYSIS



Calories	180	Total Fat	7 g	Sodium	330 mg
Protein	19 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	10 g	Saturated Fat	1 g	Iron	0.9 mg
Sugars	0 g	Added Sugars	0 g	Potassium	290 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45 mg	Thiamin	
Vitamin A (IU)		Vitamin D	2.8 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS



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