

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	32 x 5 OZ

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	US, CA	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	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

HANDLING SUGGESTIONS



Keep Frozen

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.

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...

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

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
- Eggs - N
- Soybean - C
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

MORE INFORMATION



Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g/About 1 piece)

Amount Per Serving

Calories **180**

% Daily Value*

Total Fat 7 g **9%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 45 mg **15%**

Sodium 330 mg **14%**

Total Carbohydrates 10 g **4%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 19 g

Vitamin D 2.8 mcg 15%

Calcium 0 mg 0%

Iron 0.9 mg 6%

Potassium 290 mg 6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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NUTRITIONAL ANALYSIS



Calories	180
Protein	19 g
Total Carbohydrates	10 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	2.8 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	330 mg
Calcium	0 mg
Iron	0.9 mg
Potassium	290 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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