



1/10 LB Lemon Pepper Butter Crumb Tilapia Loins 2 - 4 oz

High Liner Foodservice Butter Crumb Lemon Pepper Tilapia Fillets are lightly coated with a traditional butter crumb and the right touch of lemon pepper. The breading adds a uniquely rich crispness with a lemon pepper punch, sealing in this premium Tilapia's mildly-sweet flavor and medium-firm texture. Each oven-ready fillet easily cooks from frozen, and delivers beautiful plate appeal across a variety of applications.

Product Last Saved Date: 04 April 2025

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / about 1 1/2 piece)

Amount Per Serving

Calories

200

% Daily Value*

Total Fat 9 g **12%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 45 mg **14%**

Sodium 450 mg **20%**

Total Carbohydrates 11 g **4%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **%**

Protein 18 g

Vitamin D 2.6 mcg 15%

Calcium 0 mg 0%

Iron 1.7 mg 10%

Potassium 270 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.

Product Specifications :

Code	GTIN	Type Of Catch
10025748	10073538257489	FARM RAISED

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

TILAPIA, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, SOYBEAN OIL, SUNFLOWER OIL), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, SPICES, SUGAR, CITRIC ACID, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), DEXTROSE, GRANULATED ONION, LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS, LEMON OIL), GRANULATED GARLIC, YEAST, NATURAL FLAVORS, YELLOW 5 LAKE, SOY LECITHIN, BETA-CAROTENE. CONTAINS: FISH (TILAPIA), WHEAT, SOY

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 13-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

Serving Suggestions:

Ideal as a special dinner or lunch entrée, specialty fish sandwich, or to add zing to a salad. Pairs well with a variety of complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

