



10 Lb (4.54 kg) PAN-SEAR Roasted Garlic & Herb Tilapia Fillets

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 featuring from-scratch quality without the from-scratch labor.

Product Last Saved Date: 01 July 2025



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.

Product Specifications :

Code	GTIN	Type Of Catch
1059340	10035493593408	FARM RAISED

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

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

Shipping Information						
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

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='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - C
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & 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 minutes. TO BAKE: Place defrosted fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 7-8 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 18-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. WARNING: While every effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

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.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

Claims & Child Nutrition:

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

