



## 10 Lb (4.54 kg) Pecan Crunch Tilapia Fillets 5-6 oz

FPI IQF Pecan Crunch Tilapia Fillets feature a savory seasoned, pecan crusted breading. This perfectly crispy, slightly nutty outer crust complements the Tilapias mildly sweet, taste, preserving its medium-firm, flaky texture inside. Each fillet bakes from frozen to perfection in minutes, with minimal prep and no unnecessary waste.

Product Last Saved Date: 05 January 2026



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## Nutrition Facts

29 Servings per container

**Serving Size 5.5 oz (154g/About 1 Fillet)**

Amount Per Serving

**Calories**

**450**

% Daily Value\*

**Total Fat** 35 g **44%**

Saturated Fat 8 g **42%**

Trans Fat 0 g

**Cholesterol** 60 mg **20%**

**Sodium** 550 mg **24%**

**Total Carbohydrates** 15 g **5%**

Dietary Fiber 1 g **3%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein** 20 g

Vitamin D 2.7 mcg 15%

Calcium 0 mg 0%

Iron 1.5 mg 8%

Potassium 310 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
14364	00074638143644	FARM RAISED

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	

### 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, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL AND SOYBEAN OIL), BUTTER (PASTEURIZED CREAM, SALT), PECANS, WATER, CONTAINS 2% OR LESS OF: SALT, TOASTED SESAME OIL, YEAST, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), DEXTROSE, SUGAR, SOY LECITHIN, MALTODEXTRIN, ONION POWDER, DEHYDRATED GARLIC, DEHYDRATED ONION, YELLOW CORN FLOUR, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVOR), NATURAL FLAVORS, SPICES, CITRIC ACID, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), LACTIC ACID, BETA CAROTENE (COLOR). CONTAINS: FISH (TILAPIA), WHEAT, SOY, MILK, TREE NUTS (PECANS), SESAME

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-28 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Ideal for platters, luncheon specials or as a specialty sandwich. Pairs well with a variety of complimentary sides and sauces.

### Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

