

High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Tilapia Fillets, approx 142-198 g / 5-7 oz

Tilapia offers a firm texture, consistent quality and rich taste. Our product is farm-raised and deepskinned for consistent flavour and portion control. This product is competitively priced with other quality white fish.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (170 g)

Amount Per Serving Calories

160

Calories	100
	% Daily Value*
Total Fat 3 g	4%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 85 mg	%
Sodium 90 mg	4%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 34 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1 mg	6%
Potassium 500 mg	11%

Product Specifications :					
Code	GTIN	Type Of Catch			
1003704	10035493037049				

Brand	GPC Description	
High Liner Foodservice Signature	Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.44 KGM			Undeclared	No

Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
ľ	36.8 CMT	25.1 CMT	12.4 CMT	0.0115 MTQ	11x14	540 Days	

Ingredients:

Tilapia. Contains: Tilapia (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - NI	Milk - NI	Soy - NI		
Fish - NI	Wheat - NI	TreeNuts - NI		
Peanuts - NI	Crustacean - NI	Sesame - NI		

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, COOK FROM FROZEN. Cook until a minimum internal temperature of 158°F (70°C) is reached. To thaw, place in refrigerator overnight. Do not thaw in warm water or at room temperature.

Serving Suggestions:

Lightly dredge Tilapia with seasoned flour and sauté in olive oil or butter for a quick dinner service. Roast Tilapia fillets with a Thai inspired marinade, serve over steamed Asian vegetables and rice. Toss Grilled Tilapia onto a traditional Cobb Salad to give it a seafood twist. Try a Panko-crusted Tilapia served with french fries for a variation on traditional battered Fish & Chips. Coat Tilapia with chipotle and lime juice, bake and add into a Fish Taco.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified: Ye

MSC Certified:

Has CN Statement: No

CN Statement:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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