

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 deep-skinned 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

% 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%**

* 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
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	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
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' INII='Intentionally nor Inherently Included'):

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.

Species / Scientific Name:

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-crustied 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.

Claims & Child Nutrition:

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

