

10 Lb (4.54 kg) IQF Tilapia Fillets Super Deep Skinned 3-5 oz

FPI IQF Super Deep Skinned Tilapia Fillets are perfect for a host of recipes and applications. They're super deep skinned for premium plate appearance and to bring out the natural, mildly sweet flavors and flakiness of this species. These individually quick frozen fillets easily bake, broil, poach, and fry to desired perfection without unnecessary waste.

Product Last Saved Date: 17 December 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 1 Fillet)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 2 g **2%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 55 mg **19%**

Sodium 60 mg **3%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 23 g

Vitamin D 3.5 mcg 20%

Calcium 0 mg 0%

Iron 0.6 mg 4%

Potassium 340 mg 8%

* 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
1003703	10035493037032	FARM RAISED

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.566 LBR	10.0 LBR	CN, ID	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.449 INH	9.843 INH	5.276 INH	0.434 FTQ	12x8	547 Days	-10 FAH / 0 FAH

Ingredients :

CONTAINS: FISH (TILAPIA)

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

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

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Tilapia -Oreochromis niloticus, Oreochromis mossambicus

Serving Suggestions:

Versatile for a range of entrées, as well as sandwiches, or portioned atop a salad. Pairs well with a variety of complementary sides and signature sauces.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

