

# 5 LB (2.27 kg) Oven Ready Butter Crumb Lemon Pepper Tilapia Fillets, 5-6 oz

Traditional butter crumb preparation with a delicious blend of spices, seasonings, and rich crumbs. It's the ultimate seafood choice for pleasing a crowd! Final product is value added and packed in USA

Product Last Saved Date: 20 October 2025



# **Nutrition Facts**

15 Servings per container

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

Amount Per Serving Calories	

Calories	400
	% Daily Value*
Total Fat 30 g	39%
Saturated Fat 8 g	39%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 730 mg	32%
Total Carbohydrates 27 g	10%
Dietary Fiber 1 g	3%
Total Sugars 1 g	
Includes 1 g Added Sugars	1%
Protein 20 g	
Vitamin D 2.7 mcg	15%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 330 mg	8%

food contributes to a daily diet. 2,000 calories a day is used for general

Product Specifications :				
Code GTIN		Type Of Catch		
1058456	00073538584564	FARM RAISED		

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.5 LBR	5 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13 INH	9.5 INH	4 INH	0.2859 FTQ	15x10	540 Days	-10 FAH / 0 FAH

## Ingredients:

TILAPIA, BLEACHED WHEAT FLOUR, SOYBEAN OIL, BUTTER (PASTEURIZED CREAM, SALT), WATER, CONTAINS 2% OR LESS OF SALT, DEHYDRATED ONION, DEXTROSE, DEHYDRATED GARLIC, WHEY, LEMON PEEL, SPICES, NATURAL FLAVORS, YEAST, CITRIC ACID, SOY LECITHIN, SUGAR, MODIFIED CORN STARCH, MALTODEXTRIN, BETA CAROTENE (COLOR), TURMERIC EXTRACT (COLOR). CONTAINS: FISH (TILAPIA), WHEAT, SOY, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):			
Eggs - 30	Milk - C	Soy - C	
Fish - C	Wheat - C	TreeNuts - 30	
Peanuts - 30	Crustacean - 30	Sesame - 30	

### Prep & Cooking Suggestions:

FOR FOOD SAFETY AND QUALITY, PLEASE FOLLOW THESE COOKING INSTRUCTIONS. KEEP FROZEN—DO NOT REFREEZE. COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: PLACE FROZEN FILLETS ON A LIGHTLY OILED SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 400°F AND BAKE FOR 14-16 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 425°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.

#### Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

## Claims & Child Nutrition:

BAP Certified: 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

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