



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: 05 January 2026



Nutrition Facts

15 Servings per container

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

Amount Per Serving

Calories

460

% 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%

* 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 |
|---------|----------------|---------------|
| 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 | TlxHI | 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' INII='Intentionally nor Inherently Included'):

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

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)
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