



1/5 LB 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: 01 July 2025



## Nutrition Facts

15 Servings per container

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

Amount Per Serving	
<b>Calories</b>	<b>460</b>
	% Daily Value*
<b>Total Fat</b> 30 g	<b>39%</b>
Saturated Fat 8 g	<b>39%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 60 mg	<b>20%</b>
<b>Sodium</b> 730 mg	<b>32%</b>
<b>Total Carbohydrates</b> 27 g	<b>10%</b>
Dietary Fiber 1 g	<b>3%</b>
Total Sugars 1 g	
Includes 1 g Added Sugars	<b>1%</b>
<b>Protein</b> 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'):**

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

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:

