



High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Tilapia Fillets, approx. 85-142 g / 3-5 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. 2-Star BAP Certified. • Tilapia is low in saturated fat • Tilapia is free of trans fat • Tilapia is an excellent source of protein

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container  
Serving Size Per about 1 fillet (113 g)

Amount Per Serving  
Calories 110

	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 55 mg	%
Sodium 60 mg	3%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 23 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.75 mg	4%
Potassium 350 mg	7%

\* 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
12300216	10061763002165	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.903 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
36.8 CMT	25.1 CMT	12.4 CMT	0.011 MTQ	12x15	547 Days	

Ingredients :

Tilapia. Contains: Tilapia (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
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-crusted 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:

