

## 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: 17 February 2025



**HIGH LINER**  
FOODSERVICE™



### 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   | -25 CEL / -18 CEL    |

### 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-crustied 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:

