

10 Lb (4.54 kg) Pan-Sear Chili Lime Tilapia Fillets

Fishery Product Pan-Sear Chili Lime Tilapia Fillets have a unique south-of-the-border kick your guests will crave. Each fillet is lightly coated with Chili Lime seasoned breading, and easily cooks thawed or from frozen to crispy perfection, whether baked, deep-fried, pan-sautéed, or flat-grilled. These delicious fillets are part of Pan-Sear Selects® line featuring from-scratch quality without the from-scratch labor.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g/About 1 Fillet)

Amount Per Serving	
Calories	**190**
	% Daily Value*
Total Fat 8 g	**10%**
Saturated Fat 1 g	**6%**
Trans Fat 0 g	
Cholesterol 45 mg	**16%**
Sodium 350 mg	**15%**
Total Carbohydrates 9 g	**3%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 19 g	
Vitamin D 2.9 mcg	15%
Calcium 0 mg	0%
Iron 0.8 mg	4%
Potassium 300 mg	6%

* 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
1059540	10035493595402	FARM RAISED

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.508 LBR	10 LBR	N/A	Undeclared	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

TILAPIA, RICE FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WATER, SALT, DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL FLAVORS, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL EXTRACTIVES OF LIME, SPICES, MALTODEXTRIN, VINEGAR SOLIDS, AUTOLYZED YEAST, DEXTRIN. CONTAINS: FISH (TILAPIA)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):		
Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO PAN SAUTÉ/FLAT GRILL: Preheat flat grill to 325°F (Medium High Heat) and cook for 12-14 minutes, turning over halfway through cooking. TO DEEP FRY: Preheat fryer to 350°F and fry for 3-4 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 10-13 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 18-20 minutes. COOKING INSTRUCTIONS IF THAWED: Remove frozen fillets from packaging. Place the fillets in a clean, sanitized container in a single layer and cover. Place the covered fillets under refrigeration (38°F or below) overnight. TO PAN SAUTÉ/FLAT GRILL: Preheat flat grill to 325°F (Medium High Heat) and cook for 6-8 minutes, turning over halfway through cooking. TO DEEP FRY: Preheat fryer to 350°F and fry for 2-3 minutes. TO BAKE: Place defrosted fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 6 ½ - 9 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 9-12 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal for Southwestern style entrées, as a specialty sandwich, or as a unique dinner salad. Pairs well with a variety of complementary sides and signature sauces.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:







