

## 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: 29 October 2025



# **Nutrition Facts**

40 Servings per container

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

# Amount Per Serving Calories

190

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%
<b>Protein</b> 19 g	
Vitamin D 2.9 mcg	15%
Calcium 0 mg	0%
Iron 0.8 mg	4%
Potassium 300 mg	6%

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	No

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'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

# 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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