# 636082 - 1/10 LB Pecan Crunch Tilapia Fillets 5-6 oz

FPI IQF Pecan Crunch Tilapia Fillets feature a savory seasoned, pecan crusted breading. This perfectly crispy, slightly nutty outer crust complements the Tilapias mildly sweet, taste, preserving its medium-firm, flaky texture inside. Each fillet bakes from frozen to perfection in minutes, with minimal prep and no unnecessary waste.



#### MARKETING



# **Nutrition Facts**

29 Servings per container

**Serving Size** 

**Calories** 

Potassium 310 mg

Amount Per Serving

	% Daily Value*
Total Fat 35 g	44%
Saturated Fat 8 g	42%
Trans Fat 0 g	
Cholesterol 60 mg	20%

**About 1 Fillet** 

Sodium 550 mg	24%
<b>Total Carbohydrates</b> 15 g	5%
Dietary Fiber 1 g	3%
Total Sugars 1 g	

Dietary Fiber 1 g	3%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

15%
0%
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 Dist Prod Code		GTIN	Calculated Pack	
14364	636082	00074638143644	1 x 10#	

Brand	Brand Owner	GPC Description
FPI	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11.0 LBR	10.0 LBR	No	United States	Undeclared	No

l	Shipping						
Length Width Height Volume TIxHI Shelf Life					Storage Temp From/To		
	15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

# HANDLING SUGGESTIONS

Keep Frozen



## SERVING SUGGESTIONS



Ideal for platters, luncheon specials or as a specialty sandwich. Pairs well with a variety of complimentary sides and sauces.

# PREPARATION & COOKING SUGGESTIONS



6%

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-28 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

# INGREDIENTS



TILAPIA, BLEACHED WHEAT FLOUR,
VEGETABLE OIL (CANOLA OIL AND SOYBEAN
OIL), BUTTER (PASTEURIZED CREAM, SALT),
PECANS, WATER, CONTAINS 2% OR LESS OF:
SALT, TOASTED SESAME OIL, YEAST, CHEDDAR
CHEESE (MILK, CULTURES, SALT, ENZYMES),
DEXTROSE, SUGAR, SOY LECITHIN,
MALTODEXTRIN, ONION POWDER,
DEHYDRATED GARLIC, DEHYDRATED ONION,
YELLOW CORN FLOUR, UNSALTED BUTTER
(PASTEURIZED CREAM, NATURAL FLAVOR),
NATURAL FLAVORS, SPICES, CITRIC ACID,
EXTRACTIVES OF ANNATTO AND PAPRIKA
(COLOR), LACTIC ACID, BETA CAROTENE
(COLOR). CONTAINS: FISH (TILAPIA), WHEAT,
SOY, MILK, TREE NUTS (PECANS), SESAME

#### ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

([]) Milk - C

Peanuts - N

( Eggs - N

Tree - C

🗞 Soybean - C



Wheat - C



(%) Sesame - C

Prustaceans - N

MORE INFORMATION



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# NUTRITIONAL ANALYSIS

		п
- 1	-	
	-	

Calories	450
Protein	20 g
Total Carbohydrates	15 g
Sugars	1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	35 g
Trans Fat	0 g
Saturated Fat	8 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	60 mg
Vitamin D	2.7 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	550 mg
Calcium	0 mg
Iron	1.5 mg
Potassium	310 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

#### **NUTRITIONAL CLAIMS**

#### MORE IMAGES







