

FPI

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

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
14364	636082	00074638143644	2/5 LB

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

Shipping						
Length	Width	Height	Volume	TlxHl	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

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
- Eggs - N
- Soy - C
- Wheat - C
- Sesame - C
- Peanuts - N
- Tree Nuts - C
- Fish - C
- Shellfish - NI

SERVING SUGGESTIONS

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

HANDLING SUGGESTIONS

Keep Frozen

PREPARATION & COOKING SUGGESTIONS

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.

MORE INFORMATION

Nutrition Facts

29 Servings per container

Serving Size

About 1 Fillet

Amount Per Serving

Calories

450

% Daily Value*

Total Fat

35 g

44%

Saturated Fat

8 g

42%

Trans Fat

0 g

Cholesterol

60 mg

20%

Sodium

550 mg

24%

Total Carbohydrates

15 g

5%

Dietary Fiber

1 g

3%

Total Sugars

1 g

Includes 0 g Added Sugars

0%

Protein

20 g

Vitamin D

2.7 mcg

15%

Calcium

0 mg

0%

Iron

1.5 mg

8%

Potassium

310 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.

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

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NUTRITIONAL ANALYSIS



Calories	450	Total Fat	35 g	Sodium	550 mg
Protein	20 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	15 g	Saturated Fat	8 g	Iron	1.5 mg
Sugars	1 g	Added Sugars	0 g	Potassium	310 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60 mg		
Vitamin A (IU)		Vitamin D	2.7 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



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