

# 10 Lb (4.54 kg) Fire Roasters Citrus Peppercorn Tilapia Fillets

FPI Citrus Peppercorn Tilapia Fillets are part of this original thick-cut, flame-seared line of seafood. These quality Tilapia fillets feature smoky on-trend FireRoasters™ seasoning and the perfect kick of citrus peppercorn. Each goes from microwave or oven to plate in minutes for a deliciously moist fish with authentic flame-seared flavor and appearance without the hassle of the grill.

Product Last Saved Date: 20 October 2025



# **Nutrition Facts**

34 Servings per container

Serving Size 4.7 oz (132g/About 1 Fillet)

Amoun	t Pe	Servi	ing
Cal	or	ies	3

150

Calories	150
	% Daily Value*
Total Fat 5 g	6%
Saturated Fat 1.5 g	7%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 370 mg	16%
Total Carbohydrates 2 g	1%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 25 g	
Vitamin D 3.6 mcg	20%
Calcium 0 mg	0%
Iron 0.8 mg	4%
Potassium 370 mg	8%

	Product Specifications :				
	Code GTIN		Type Of Catch		
۱+۱	1089333	10035493893331	FARM RAISED		

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

## Ingredients:

TILAPIA, WATER, CONTAINS 2% OR LESS OF: VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), SMOKE FLAVOR, PALM OIL, LEMON JUICE SOLIDS, GELATIN, GRILL FLAVOR (FROM SUNFLOWER OIL), SALT, CORN SYRUP SOLIDS, GARLIC POWDER, CORN STARCH, MALTODEXTRIN, CITRIC ACID, ONION POWDER, DEHYDRATED ONION, SPICES, DEHYDRATED GARLIC, NATURAL FLAVORS, DEHYDRATED LEMON PEEL, SUGAR, PAPRIKA EXTRACT (COLOR). 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 BAKE: Place frozen fillets, charred side up, on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 14-16 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 24 -28 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

#### Serving Suggestions:

Ideal as a center of the plate star, as a unique sandwich, or to add a unique grilled fish flavor to salads. Pairs well with fresh veggies and your favorite 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 Page 1 of 1

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