

1/10 LB 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: 29 January 2025



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Nutrition Facts

34 Servings per container

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

Amount Per Serving

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%

* 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
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	TlxHI	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 - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

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)
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