



High Liner Foodservice Signature, 4.54 kg / 10 lb, Pan-Sear Selects Chili Lime Tilapia, Seasoned flour coated fillets, approx. 133 g / 5 oz

Perfect for theme or upscale establishments. Heat and Serve. Baked product offers a healthier menu alternative. Instantly adds culinary flair to any menu. Excellent plate coverage.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 fillet (133 g)

Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 6 g	8%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 55 mg	%
Sodium 680 mg	30%
Total Carbohydrates 12 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%

Protein 23 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1 mg	6%
Potassium 350 mg	7%

* 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
8414	10061763084147	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.975 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.5 CMT	26.2 CMT	15.5 CMT	0.016 MTQ	10x11	540 Days	

Ingredients :						
Tilapia, Rice flour, Vegetable oil (canola, soya), Modified corn starch, Seasonings (garlic, onion, parsley, disodium inosinate, disodium guanylate, vinegar solids, yeast extract), Water, Salt, Flavour (lime, chili, natural flavour), Sugars (maltodextrin, dextrin). Contains: Tilapia (fish).						

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. Flat Grill: Place single layer of frozen fillets on preheated 325°F / 160°C grill for about 20 min or until done. Turn halfway through cooking. Convection Oven: Place single layer of frozen fillets on shallow baking pan in preheated 375°F / 190°C oven for about 10 min or until done. Conventional Oven: Place single layer of frozen fillets on shallow baking pan in preheated 425°F / 220°C oven for about 17 min or until done. Deep Fry: Immerse frozen fillets in preheated 350°F / 180°C oil for about 3 ½ min or until done. Do not overload fryer.

Serving Suggestions:

Try Chile Lime Pan-Sear® Tilapia on a platter with Pico de Gallo, chopped lettuce, refried beans, guacamole and cinnamon rice. These fillets are also delicious with a purple potato salad, chives and fresh lime wedges.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

