

FPI

636062 - 1/10 LB Pier 17 Butter Crumb Lemon Pepper Tilapia Fil...

FPI Butter Crumb Lemon Pepper Tilapia Fillets are lightly coated with a lemon pepper inspired traditional butter crumb. The breading adds a uniquely rich crispness, sealing in the Tilapia's mildly-sweet flavor and medium-firm texture, with a lemon pepper punch that's hard to resist. Each oven-ready fillet easily cooks from frozen, and delivers beautiful plate appeal across a va...



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
14784	636062	00074638147840	1/10 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
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - C
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS

Ideal as a special dinner or lunch entrée, specialty fish sandwich, or to add zing to a salad. Pairs well with a variety of complementary sauces and sides.

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 Size154g/About 1 Fillet

Amount Per Serving

Calories450

% Daily Value*

Total Fat30 g38%

Saturated Fat8 g38%

Trans Fat0 g

Cholesterol60 mg20%

Sodium710 mg31%

Total Carbohydrates26 g9%

Dietary Fiber1 g3%

Total Sugars1 g

Includes 1 g Added Sugars1%

Protein21 g

Vitamin D2.7 mcg15%

Calcium0 mg0%

Iron1 mg6%

Potassium330 mg8%

* 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, SOYBEAN OIL, BUTTER (PASTEURIZED CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DEHYDRATED ONION, DEXTROSE, DEHYDRATED GARLIC, WHEY, LEMON PEEL, SPICES, NATURAL FLAVORS, YEAST, CITRIC ACID, SOY LECITHIN, SUGAR, MODIFIED CORN STARCH, MALTODEXTRIN, BETA CAROTENE (COLOR), TURMERIC EXTRACT (COLOR). CONTAINS: FISH (TILAPIA), WHEAT, SOY, MILK

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NUTRITIONAL ANALYSIS



Calories	450	Total Fat	30 g	Sodium	710 mg
Protein	21 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	26 g	Saturated Fat	8 g	Iron	1 mg
Sugars	1 g	Added Sugars	1 g	Potassium	330 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60 mg	Thiamin	
Vitamin A (IU)		Vitamin D	2.7 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS



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