



1/10 LB Redhook Ale Battered Natural Tilapia Fillets Approx. 4 - 5 oz

Redhook® Ale Battered Tilapia Fillets are dipped in a special batter made with famous Redhook Ale®. Each fillet easily bakes or fries from frozen to crispy, crunchy perfection, with the rich flavor and copper color of this craft ale, and Tilapia's mildly sweet flavor and flakiness preserved inside. A superb addition to your menu even non-beer lovers will love.

Product Last Saved Date: 02 December 2024



Nutrition Facts	
36 Servings per container	
Serving Size 4.5 oz (126g/About 1 Fillet)	
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 12 g	15%
Saturated Fat 2 g	11%
Trans Fat 0 g	
Cholesterol 40 mg	13%
Sodium 590 mg	26%
Total Carbohydrates 22 g	8%
Dietary Fiber 1 g	2%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 18 g	
Vitamin D 2.4 mcg	10%
Calcium 0 mg	0%
Iron 0.7 mg	4%
Potassium 260 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.	

Product Specifications :		
Code	GTIN	Type Of Catch
10001602	10073538016024	FARM RAISED

Brand	GPC Description
High Liner	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
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :
TILAPIA, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), YELLOW CORN FLOUR, ALE (WATER, BARLEY MALTS, YEAST, HOPS), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, WHITE CORN FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS, SPICES, SUGAR, WHEAT FLOUR. CONTAINS: FISH (TILAPIA), WHEAT

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4½-5 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 14-16 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Serve on an onion roll with cheddar, honey mustard slaw and seasoned fries, as an entree salad with lettuce, tomato, cheeses, croutons & bacon-ranch and on a crusty roll with sauteed onions, Jack cheese, spicy mayo and fries. Delicious on an onion roll with cheddar and honey mustard slaw, on a crusty roll with sautéed onions, spicy mayo and jack cheese, or as an entrée salad with your choice of dressing.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

Claims & Child Nutrition:

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



