

5 LB (2.27 kg) Oven Ready Pecan Crusted Tilapia Fillets, 5-6 oz

FPI Oven Ready Pecan Crusted Tilapia Fillets feature a savory seasoned, pecan crusted breading. This perfectly crispy, slightly nutty outer crust complements the Tilapias mildly sweet, taste, preserving its medium-firm, flaky texture inside. Each fillet bakes from frozen to perfection in minutes, with minimal prep and no unnecessary waste.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

20 Servings per container

Serving Size 4 oz (112g / About 3/4 piece)

Amount Per Serving	
Calories	**320**
	% Daily Value*
Total Fat 25 g	**32%**
Saturated Fat 6 g	**31%**
Trans Fat 0 g	
Cholesterol 45 mg	**15%**
Sodium 400 mg	**17%**
Total Carbohydrates 11 g	**4%**
Dietary Fiber 1 g	**2%**
Total Sugars 1 g	
Includes 0 g Added Sugars	**0%**
Protein 14 g	
Vitamin D 2 mcg	10%
Calcium 0 mg	0%
Iron 1.1 mg	6%
Potassium 230 mg	4%

* 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
1058415	00073538584151	FARM RAISED

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.5 LBR	5 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13 INH	9.5 INH	4 INH	0.2859 FTQ	15x10	547 Days	-10 FAH / 0 FAH

Ingredients :

TILAPIA, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL AND SOYBEAN OIL), BUTTER (PASTEURIZED CREAM, SALT), PECANS, WATER, CONTAINS 2% OR LESS OF: SALT, TOASTED SESAME OIL, YEAST, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), DEXTROSE, SUGAR, SOY LECITHIN, MALTODEXTRIN, ONION POWDER, DEHYDRATED GARLIC, DEHYDRATED ONION, YELLOW CORN FLOUR, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVOR), NATURAL FLAVORS, SPICES, CITRIC ACID, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), LACTIC ACID, BETA CAROTENE (COLOR). CONTAINS: FISH (TILAPIA), WHEAT, SOY, MILK, TREE NUTS (PECANS), SESAME

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - C
Peanuts - INII	Crustacean - INII	Sesame - C

Prep & Cooking Suggestions:

FOR FOOD SAFETY AND QUALITY, PLEASE FOLLOW THESE COOKING INSTRUCTIONS. KEEP FROZEN—DO NOT REFREEZE. COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: PLACE FROZEN FILLETS ON A LIGHTLY OILED SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 400°F. BAKE FOR 18-20 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 425°F. BAKE FOR 25-28 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. WARNING: WHILE EVERY EFFORT HAS BEEN MADE TO REMOVE BONES FROM THIS PRODUCT, SOME BONES MAY REMAIN. PLEASE USE CAUTION WHEN CONSUMING.

Serving Suggestions:

Ideal for entrées, sandwiches, dinner salads, and more. Pairs well with a variety of traditional sauces or your own complementary sauce recipes.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:







