



High Liner Foodservice Signature, 4.54 kg / 10 lb, Pan-Sear SELECTS Roasted Garlic & Herb Breaded Tilapia Fillets

High Liner FOODSERVICE SIGNATURE Pan-Sear Selects® Roasted Garlic & Herb Tilapia Fillets are natural cuts of Tilapia, lightly coated with a special blend of savoury roasted garlic and herbs. This both complements and enhances the Tilapia's mildly sweet flavour while preserving its moist flaky texture with every bite. They can be grilled, baked or deep-fried, cooking to savoury garlic and herb perfection every time with beautiful plate appeal. Because they're part of the Pan-Sear Selects® line, you get all the from-scratch quality without any of the from-scratch labour.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (137 g)

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 9 g **12%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 55 mg **%**

Sodium 390 mg **17%**

Total Carbohydrates 14 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
12300218	10061763002189	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	547 Days	

Ingredients :

Tilapia, Rice flour, Canola oil, Modified corn starch, Water, Seasonings (roasted garlic, spices, disodium inosinate, disodium guanylate, herbs, onion), Salt, Sugar (maltodextrin, sugar), Natural flavour, Soya lecithin. Contains: Tilapia (fish), Soy.

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:

COOK FROM FROZEN Cook until a minimum internal temperature of 158°F (70°C) is reached.
FLAT GRILL: Cook at medium-high heat, 325°F (160°C), for 10 - 11 min. Turn halfway.
FORCED AIR CONVECTION OVEN: Place fillets in a single layer on a lightly greased shallow baking pan. Bake in preheated 375°F (190°C) oven for 9 ½ - 11 min. **DEEP FRY:** Immerse fillets in preheated 350°F (180°C) oil for 3 ¼ - 3 ½ min.

Serving Suggestions:

This Pan-Sear® Tilapia is always excellent served with the complementary fresh veggies and seasoned rice of your choice.

Species / Scientific Name:

Claims & Child Nutrition:

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

