

1/10 LB Potato Crunch Tilapia Fillets 5-6 oz

FPI Potato Crunch Tilapia Fillets combine the best of mildly-flavored, flaky Tilapia with an extra crunchy breading featuring real potato sticks. Each deliciously breaded, oven-ready fillet cooks from frozen to potato crunch perfection in minutes with exceptional plate appeal to create a unique dining experience your guests won't soon forget.

Product Last Saved Date: 20 November 2024



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Nutrition Facts

40 Servings per container

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

Amount Per Serving

Calories 290

% Daily Value*

Total Fat 14 g **17%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

Cholesterol 30 mg **11%**

Sodium 420 mg **18%**

Total Carbohydrates 27 g **10%**

Dietary Fiber 1 g **3%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 15 g

Vitamin D 2 mcg 10%

Calcium 0 mg 0%

Iron 1.3 mg 8%

Potassium 420 mg 10%

* 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
14584	00074638145846	FARM RAISED

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 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, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTATOES, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, CORN STARCH, SALT, IODIZED SALT, WHEY, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVOR. CONTAINS: FISH (TILAPIA), WHEAT, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: Separate and place portions in shallow pan. CONVENTIONAL OVEN: Preheat oven to 425°F. Bake for 25-28 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake for 18-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Ideal as a center of the plate star entrée, as a sandwich, or special entrée salad. Pairs well with any complementary signature sauce you have in mind.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement: No



Information subject to change without notice at the discretion of High Liner Foods (USA)
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