



High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Tilapia Fillets, approx 113 g / 4 oz

IQF Tilapia fillets are farm raised in fresh water, and vacuum packed to seal in freshness. Tilapia can be baked, broiled, pan-fried, encrusted or sautéed. Stable pricing, year round availability, deep skinned and boneless with a mild sweet flavour and flaky texture. Excellent portion control and high profitability.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container  
Serving Size Per about 1 fillet (113 g)

Amount Per Serving  
Calories 110

| % Daily Value*          |    |
|-------------------------|----|
| Total Fat 2 g           | 3% |
| Saturated Fat 0.5 g     | 3% |
| Trans Fat 0 g           |    |
| Cholesterol 55 mg       | %  |
| Sodium 60 mg            | 3% |
| Total Carbohydrates 0 g | %  |
| Dietary Fiber 0 g       | 0% |
| Total Sugars 0 g        |    |
| Includes Added Sugars   | %  |

|                  |    |
|------------------|----|
| Protein 23 g     |    |
| Vitamin D        | %  |
| Calcium 10 mg    | 1% |
| Iron 0.75 mg     | 4% |
| 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 |
| 3944                     | 10061763039444 |               |

| Brand                  | GPC Description                        |
|------------------------|--|
| High Liner Foodservice | Fish - Unprepared/Unprocessed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher     | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 5.534 KGM    |            |                   | Undeclared | No          |

| Shipping Information |          |          |            |       |            |                      |
|----------------------|----------|----------|------------|-------|------------|----------------------|
| Length               | Width    | Height   | Volume     | TlxHI | Shelf Life | Storage Temp From/To |
| 40.2 CMT             | 32.4 CMT | 11.6 CMT | 0.0151 MTQ | 8x16  | 540 Days   |                      |

| Ingredients :                      |
|------------------------------------|
| Tilapia. Contains: Tilapia (fish). |

| 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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, COOK FROM FROZEN. Cook until a minimum internal temperature of 158°F (70°C) is reached. To thaw, place in refrigerator overnight. Do not thaw in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Serve baked with white wine and tomato sauce, served over a bed of vegetable fried rice.

Claims & Child Nutrition:

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

