



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:

