

# 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: 17 February 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	-25 CEL / -18 CEL

### 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:

