

# High Liner Foodservice Signature, 4.54 kg / 10 lb, FireRoasters, Citrus Peppercorn Glazed Tilapia Fillets, Flame-seared Seafood, approx. 117 - 147 g / 4 - 5 oz

High Liner Foodservice Signature FireRoasters™ Citrus Peppercorn Tilapia Fillets are part of this original thick-cut, flame-seared line of seafood, slow roasted with smoky on-trend FireRoasters™ seasoning. This delicious variety features quality farmed Tilapia with a kick of citrus peppercorn that perfectly complements the smoky flavours and mildly sweet fish. Simply bake and serve. The result is a deliciously moist fish with authentic flame-seared flavour and appearance, without the hassle of the grill. These fillets deliver a truly upscale presentation that easily allows for premium pricing.

Product Last Saved Date: 05 March 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (132 g)**

Amount Per Serving

**Calories 150**

% Daily Value\*

**Total Fat** 5 g **7%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 60 mg **%**

**Sodium** 380 mg **17%**

**Total Carbohydrates** 2 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 25 g

Vitamin D **%**

Calcium 20 mg **2%**

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
8954	10061763089548	

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
30.5 CMT	25.4 CMT	19.1 CMT	0.0152 MTQ	16x5	540 Days	

### Ingredients :

Tilapia, Water, Soybean oil, Seasonings (garlic, onion, spices, lemon peel, citric acid, parsley), Modified palm oil, Gelatin, Salt, Sugars (maltodextrin, sugar, corn syrup solids), Flavour (lemon, grill), Corn starch, Paprika. 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. FORCED AIR CONVECTION OVEN: Place a single layer of frozen fillets on shallow baking pan, with fire-roasted side facing up, in preheated 375°F (190°C) oven. Bake uncovered for about 15-18 min or until done. OVEN: Place a single layer of frozen fillets on shallow baking pan, with fire-roasted side facing up, in preheated 400°F (200°C) oven. Bake uncovered for about 23-26 min or until done. NOTE: Since appliances vary, these instructions are guidelines only. Cook until minimum internal temperature of 158°F (70°C).

### Serving Suggestions:

This FireRoasters™ Tilapia is excellent served with a simple, warm salad of orzo pasta, wilted spinach, tangy goat cheese and bitter Treviso lettuce, to perfectly balance its light, tangy citrus peppercorn flavours.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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Page 1 of 1

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