



1/10 LB Pier 17 Butter Crumb Lemon Pepper Tilapia Fillets 5 - 6 oz

FPI Butter Crumb Lemon Pepper Tilapia Fillets are lightly coated with a lemon pepper inspired traditional butter crumb. The breading adds a uniquely rich crispness, sealing in the Tilapia's mildly-sweet flavor and medium-firm texture, with a lemon pepper punch that's hard to resist. Each oven-ready fillet easily cooks from frozen, and delivers beautiful plate appeal across a variety of applications.

Product Last Saved Date: 04 April 2025



Nutrition Facts

29 Servings per container
Serving Size 5.5 oz (154g/About 1 Fillet)

Amount Per Serving
Calories **450**

	% Daily Value*
Total Fat 30 g	38%
Saturated Fat 8 g	38%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 710 mg	31%
Total Carbohydrates 26 g	9%
Dietary Fiber 1 g	3%
Total Sugars 1 g	
Includes 1 g Added Sugars	1%

Protein 21 g	
Vitamin D 2.7 mcg	15%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 330 mg	8%

* 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
14784	00074638147840	FARM RAISED

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 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, BLEACHED WHEAT FLOUR, SOYBEAN OIL, BUTTER (PASTEURIZED CREAM, SALT), WATER, CONTAINS 2% OR LESS OF: SALT, DEHYDRATED ONION, DEXTROSE, DEHYDRATED GARLIC, WHEY, LEMON PEEL, SPICES, NATURAL FLAVORS, YEAST, CITRIC ACID, SOY LECITHIN, SUGAR, MODIFIED CORN STARCH, MALTODEXTRIN, BETA CAROTENE (COLOR), TURMERIC EXTRACT (COLOR). CONTAINS: FISH (TILAPIA), WHEAT, SOY, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-28 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal as a special dinner or lunch entrée, specialty fish sandwich, or to add zing to a salad. Pairs well with a variety of complementary sauces and sides.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

Claims & Child Nutrition:

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

