

# 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: 20 November 2024



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FOODSERVICE™

## 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:



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