



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Tilapia Fillets, Standard Skinned, approx 85-142 g / 3-5 oz

Farm raised for consistency in quality; Low in fat appeals to nutrition conscious consumers. Ready to thaw and use; Competitively priced with other quality whitefish.

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
9861	10061763098618	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (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
37.2 CMT	25.5 CMT	13.1 CMT	0.0124 MTQ	11x14	547 Days	

### Ingredients :

Tilapia. Contains: Tilapia (fish).

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

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.

### Serving Suggestions:

Lightly dredge Tilapia with seasoned flour and sauté in olive oil or butter for a quick dinner service. Roast Tilapia fillets with a Thai inspired marinade, serve over steamed Asian vegetables and rice. Toss Grilled Tilapia onto a traditional Cobb Salad to give it a seafood twist. Try a Panko-crusted Tilapia served with french fries for a variation on traditional battered Fish & Chips. Coat Tilapia with chipotle and lime juice, bake and add into a Fish Taco.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

