



Item Specification Sheet

Item: #116747 Tilapia Fillets

Order Unit: PACKAGE | Price Unit: PACKAGE | Weight Type: NET WEIGHT

Item Information

Description: All seafood is produced in a facility that complies with current Good Manufacturing Practices and operates under a program of proper sanitation standard operating procedures (SSOP's). In Compliance with US Food and Drug Administration and the National Marine Fisheries Service Regulation 21 CFR Part 123, Approved Hazard Analysis Critical Control Point Plans (HACCP), "Fair Packaging and Labeling Act", and the "Country of Origin and Method of Production" labeling Law.

Characteristics: Individually skin packed Trays. Farm Raised, Country of Origin: China

Specifications

Pieces Per Package: 2-3

Package Weight: 10 OZ.

Shelf Life: KEEP FROZEN: 2 Years from the production date

Ingredients

Tilapia

ALLERGENS: FISH

Cooking Instructions

COOKING INSTRUCTIONS
BAKE OR BROIL

- To Thaw: Remove fillets from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.
- To Bake: Preheat oven to 425°F. Place fillet in lightly oiled shallow baking dish. Season with salt, pepper and butter or margarine.
- Bake 6 to 10 minutes per inch of thickness of fillet until it is opaque throughout.
- To Broil: Preheat broiler. If desired, season fish with salt, pepper and lemon juice.
- Place pan containing fish 4 to 5 inches from heat, and broil 6 to 10 minutes per inch of thickness of fillet. Test flaking at thickest part of fillet.
- To Pan Fry: Fry a single layer of fillets in a skillet with hot oil at 350°F until golden brown or until fish flakes easily. Transfer to plate lined with paper towels to drain, and serve immediately.
- CAUTION: Contents will be hot. Heating times are approximate. They will vary due to the make, model and temperature calibration of your oven or stove.

Product Images & Nutritional Information

Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	85
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 270mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0.4mg	2%
Potassium 340mg	8%
*The % Daily Value (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.	

