5-6 oz Potato Crunch Tilapia Fillets

Dot #:	544070
Mfr #:	14584
GTIN:	00074638145846
Supplier:	High Liner Foods (USA) Incorporated
Description:	5-6 oz Potato Crunch Tilapia Fillets

Images and Attachments

Product Information

Classification:	Fish - Prepared/Processed (Frozen) (10000017)
Dimensions (HxWxD):	8.62 x 7.81 x 15.81 Inch
Weight Gross / Net:	11 Pound / 10 Pound
Origin:	(ID) INDONESIA (US) UNITED STATES
Storage Temperature:	-15.00000° to -14.00000°
Pallet Configuration:	Ti:15 Hi:5
Servings Per Container:	29

Features and Benefits (Case GTIN: 00074638145846)

Features:	Back by popular demand! A variety of favorite toppings such as tortilla, potato and pecan surround mild white fish favorites.
Preparation and Cooking:	Bake - CONVECTION OVEN: PREHEAT OVEN TO 400 F, SEPARATE AND PLACE PORTIONS IN SHALLOW PAN. HEAT FOR 12-14 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 450 F, SEPARATE AND PLACE PORTIONS IN SHALLOW PAN. HEAT FOR 14-16 MINUTES.
Serving Suggestions:	lunch, dinner
Storage:	Keep Frozen

Nutritionals and Ingredients (Case GTIN: 00074638145846)

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)

Serving Size 154 g

Servings Per Container 29

Amount Per Serving

Calories 390	Calories from fat 190
	% Daily Value*
Saturated Fat 4 g	20%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 510 mg	21%
Total Carbohydrate 30 g	10%
Dietary Fiber 1 g	5%
Sugar 0 g	
Protein 20 g	
Vitamin A	0%
Vitamin C	15%
Calcium	0%
Iron	8%

(-) Information is currently not available for this nutrient.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**

** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Child Nutrition Label: No

Ingredients:

TILAPIA, SOYBEAN AND/OR CANOLA OIL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN,FOLIC ACID), POTATOES, VEGETABLE OIL (CANOLA OIL, COTTONSEED, AND/OR CORN OIL), YELLOW CORN FLOUR, WHEAT FLOUR, MODIFIED CORN STARCH, SALT, IODIZED SALT, DRY WHOLE EGGS, WHEY, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SPICE EXTRACTIVES, EXTRACTIVES OF PAPRIKA AND ANNATTO.

Allergens and Diet (Case GTIN: 00074638145846)

Allergen Values (FDA)

Contains: Eggs, Milk, Fish, Wheat

Free From:

Peanuts, Tree Nuts, Crustacean, Soy, Sesame Seeds

Suitable For Diet

Kosher Yes

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