TILAPIA FILLET

SEA BEST | 2 POUND

Sea Best Tilapia fillets are farm-raised and processed in BAP Certified plants and CO-enhanced to preserve their natural color. Tilapia is a mild, lean fish that is popular for its palate-friendly flavor. The neutral taste of tilapia allows accompanying flavors to infuse the flaky meat, and it adapts to the seasoning and sauces it's cooked in. Each tilapia fillet is individually vacuum packaged and poly bagged for optimal freshness and convenience.

PRODUCT BENEFITS
Farm-Raised BAP Certified

ITEM ID
00075391004708

ALTERNATE ITEM #
752778075278847527883

MANUFACTURER
Beaver Street Fisheries Inc

NUTRITION & INGREDIENTS

Nutrition Facts	
Servings per container	8
Serving size	112 Gram 4 oz
Amount per serving	
Calories	90
Calories from Fat 10	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Trans Fat 0g	0%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	
Cholesterol 45mg	15%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	0%
Vitamin D 5mcg	25%
Calcium 17mg	2%
Iron 0.95mg	4%
Potassium 513mg	10%
Vitamin A 0	0%
Vitamin C 0	0%
Vitamin E 0	0%

INGREDIENT STATEMENT

Tilapia, Carbon Monoxide (to retain natural color)

ALLERGEN

Free from:Sesame Seeds and their derivatesFree from:Crustaceans and their derivatesFree from:Eggs and their derivatesContains:Fish and their derivatesFree from:Milk and its derivatesFree

OTHER INFO

PREPARATION INSTRUCTIONS
Cook to an internal temperature of 145°F.

USAGE INSTRUCTIONS
Thaw under refrigeration. Tilapia is delicious baked, broiled, pan-seared, breaded and fried, grilled or poached. Cook to an internal temperature of 145 degrees F.

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.