



# Oven Crisp Tilapia

Sustainably sourced; BAP 4-Star Certified; High protein-to-breading Ratio; Par-cooked to save time and labor



SUSTAINABLE SEA PRODUCTS INTERNATIONAL MID-ATLANTIC

Proud Producers of



## Nutrition Facts

Serving Size 1 piece (156g)  
Servings Per Container varied

Amount Per Serving

**Calories 370**    Calories from Fat 190

% Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 21g          | <b>32%</b> |
| Saturated Fat 2g              | <b>10%</b> |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 55mg       | <b>18%</b> |
| <b>Sodium</b> 360mg           | <b>15%</b> |
| <b>Total Carbohydrate</b> 22g | <b>7%</b>  |
| Dietary Fiber 1g              | <b>4%</b>  |
| Sugars 1g                     |            |

**Protein** 24g

Vitamin A 6%    • Vitamin C 0%

Calcium 4%    • Iron 10%

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

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

| Code  | Pack     | Type of Catch |
|-------|----------|---------------|
| 10015 | Bulk IQF | Farmed        |

| Brand   | GPC Description                     |
|---------|-------------------------------------|
| Dickies | Finfish Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|--------|-------------|
| 10.8 LB      | 10 LB      | USA               | No     | No          |

| Shipping Information |       |        |                        |       |               |              |
|----------------------|-------|--------|------------------------|-------|---------------|--------------|
| Length               | Width | Height | Volume                 | TI/HI | Shelf Life    | Storage Temp |
| 15.5"                | 11.5" | 6"     | 1069.5 in <sup>3</sup> | 10/8  | 1 Year Frozen | 0°F or below |

| Ingredients  |
|--|
| Tilapia, batter (water, wheat flour, modified food starch, soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), nonfat milk, salt, yellow corn flour, eggs, soy lecithin), canola oil (canola oil, citric acid), bread crumb (wheat flour, dextrose, yeast, salt), breader (wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, spice, whey, natural flavor, colored with oleoresin paprika), salt, sugar, paprika, black pepper, cayenne pepper. |

| Allergens (C='Contains' MC='May Contain' N='None' NI='No Info Provided') |              |           |
|--|--------------|-----------|
| Eggs - C   | Soy - N      | Wheat - C |
| Peanuts - N  | Milk - N     | Fish-C    |
| Tree Nuts - N  | Shellfish- N |           |

| Prep & Cooking Suggestions:  | Serving Suggestions  |                    |  |                      |
|--|--|--------------------|--|----------------------|
| <p><i>Partially cooked.</i><br/>Fryer: Heat oil to 350°F. Cook fish for 1:30 from thaw, or 3 minutes from frozen.<br/>Oven: 10-15 minutes at 425°F</p> | Use as the protein in fish tacos or serve with fries and dipping sauce for a kid's meal.   |                    |  |                      |
| Species/Scientific Name:   | Claims & Child Nutrition/Intended use  |                    |  |                      |
| <i>Oreochromis niloticus</i>   | <table border="1"> <tr> <td>BAP Certified: Yes</td> <td rowspan="3">General Population;<br/>Allergens noted on label.</td> </tr> <tr> <td>Has CN Statement: No</td> </tr> </table> | BAP Certified: Yes | General Population;<br>Allergens noted on label. | Has CN Statement: No |
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