



GREAT AMERICAN

211185 - Tilapia Fillet Ivp 7 9 Oz

This popular white fish is farm-raised. These raw fillets are individually vacuum packed for convenience and freshness.



Nutrition Facts

Servings per Container
Serving size :About4oz (113g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 25mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 19g	
Vitamin D 28mcg	140%
Calcium 10mg	1%
Iron 0mg	0%
Potassium 700mg	15%

* 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.

* Benefits

Boneless
Individually Vacuum Packed
Farm Raised

Ingredients

Ingredients: Tilapia Fillets,
Carbon Monoxide (CO) treated
for color retention. Contains:
Tilapia (Fish)

⚠ Allergens

Contains:



Handling Suggestions

Keep refrigerated or frozen

Serving Suggestions

Try it Oven Baked with Blackened
Seasoning

Prep & Cooking Suggestions

Must be cooked to a minimum
internal temperature of 165F (74C).

📄 Product Specifications

Brand	Manufacturer	Product Category
GREAT AMERICAN	GREAT AMERICAN SEAFOOD	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
15012	211185	00829944142122	1	1/10#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	CHN		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.5in	11.3in	5in	0.38INQ	5x4	365DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	100	Total Fat	2.5g	Sodium	25mg
Protein	19	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	0g	Saturated Fat	1g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	700mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(U)		Vitamin D	28mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

