

GREAT AMERICAN

211197 - Tilapia Tasteless Smoke 3 5 Oz



This popular white fish is farm-raised and treated with tasteless smoke to preserve the natural flavor. This fish has a sweet mild flavor with a flaky texture. The perfect protein for any dish.

	Nutrition Facts				
	Servings per Container 40 Serving size 4oz(113g)				
	Amount per serving Calories 10	0			
	% Daily Value*				
and the second sec	a strate I	Total Fat 2g3g	8%		
		Saturated Fat 1g 5	5%		
		Trans Fat 0g			
		Cholesterol 45mg 15	%		
★ Benefits		Sodium 55mg 2	2%		
•		Total Carbohydrate 0g 0	9%		
Individually Quick Frozen Filet		Dietary Fiber 0g 0)%		
Farm Raised		Total Sugars 0g			
		Includes Added Sugar	%		
Ingredients	Allergens	Protein 19g			
		Vitamin D 20mcg 100	%		
Tilapia, Tasteless Smoke (to promote color retention)	May Contain:	Calcium 10mg 1	%		
	(B) crustaceans	Iron Omg O	9%		
		Potassium 700mg 15	%		
		* The % Daily Value (DV) tells you how much a nutrient i a serving of food contributes to a daily diet. 2,000 calori a day is used for general nutrition advice.			

Product Specifications

Brand			Manufacturer			Product Category			
GREAT AMERICAN			GREAT AMERICAN SEAFOOD			OD	Fish, Commodity		
MFG i	#	SPC #		GTIN		Pack		Pack Desc.	
1457	1	211197	7 008		994414	5710		1	1/10#
Gross V	Gross Weight Net We		ight Country of Origin		Kosher		Child Nutrition		
12	b	10lb	CHN				No		
	Shipping Information								
Length	Width	Height	Volu	ıme	TIxHI	Shelf L	ife	fe Storage Temp From/To	
0in	0in	0in	1IN	١Q	10x6	365DA	YS	0°F / 32°F	

Handling Suggestions

Keep refrigerated or frozen

Serving Suggestions

Try it baked with Blackened seasoning.

Prep & Cooking Suggestions

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

powered by



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Nutrition Analysis - By Serving

Calories	100	Total Fat	2g	Sodium	55mg
Protein	19	Trans Fats	Og	Calcium	10mg
Total Carbohydrates…	Og	Saturated Fat	1g	Iron	0mg
Sugars	Og	Added Sugars		Potassium	700mg
Dietary Fiber	Og	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45mg		
Vitamin A(IU)•		Vitamin D	20mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



