



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 100

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes Added Sugar	%
Protein 19g	
Vitamin D 20mcg	100%
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

Individually Quick Frozen
Filet
Farm Raised

Ingredients

Tilapia, Tasteless Smoke (to promote color retention)

⚠ Allergens

May Contain:

crustaceans

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).

📄 Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
14571	211197	00829944145710	1	1/10#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12lb	10lb	CHN		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	1INQ	10x6	365DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	100	Total Fat	2g	Sodium	55mg
Protein	19	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	0g	Saturated Fat	1g	Iron	0mg
Sugars	0g	Added Sugars		Potassium	700mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45mg		
Vitamin A(U)		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

