



Parmesan Encrusted Tilapia 5-6 oz.

Crusted Tilapia fillets with parmesan cheese and Italian herbs.

Nutrition Facts			
Serving Size: 154 GR			
Household Serving Size: ABOUT 1 FILLET			
Servings Per Container: 10			
Amount Per Serving			
Calories	250	Calories from Fat: 80	
Per Serving			
	Per Serving	% Daily Value*	
Total Fat	9 g	14%	
Saturated Fat	2.5 g	13%	
Trans Fat	0 g		
Cholesterol	70 mg	23%	
Sodium	500 mg	21%	
Total Carbohydrate	14 g	5%	
Dietary Fiber	g	%	
Sugars	1 g		
Protein	29 g		
Per Srv			
	Per Srv	Per Srv	
Vitamin A	4%	Vitamin C 4%	
Calcium	10%	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
Sat. 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
Calories per gram			
Fat	9	Carbohydrate	4
		Protein	4

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
10026586	10093901205831			10

Brand	GPC Description
Gordon Food Service	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LB	10 LB	USA	No	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.813	9.813 IN	7.625 IN	0.685 CF	12x8	547 Days	-15 FA / -14 FA

Ingredients :

TILAPIA, BLEACHED WHEAT FLOUR, WATER, BREAD CRUMBS (BLEACHED WHEAT FLOUR, YEAST, SUGAR, SALT), PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, PALM OIL, DEHYDRATED GARLIC, SUN DRIED TOMATO,

Prep & Cooking Suggestions :

CONVENTIONAL OVEN (FROZEN): PREHEAT OVEN TO 375°F. PLACE FROZEN TILAPIA IN A SINGLE LAYER ON A NONSTICK BAKING SHEET. BAKE FOR 28-30 MINUTES. CONVENTIONAL OVEN (THAWED): THAW FROZEN TILAPIA IN A REFRIGERATOR OVERNIGHT. PREHEAT OVEN TO 400°F. PLACE THAWED TILAPIA IN A SINGLE LAYER ON A NONSTICK BAKING SHEET. BAKE FOR 14-16 MINUTES. CONVECTION OVEN (FROZEN): PREHEAT OVEN TO 325°F. PLACE FROZEN TILAPIA IN A SINGLE LAYER ON A NONSTICK BAKING SHEET. BAKE FOR 14-17 MINUTES. CONVECTION OVEN (THAWED): THAW FROZEN TILAPIA IN A REFRIGERATOR OVERNIGHT. PREHEAT OVEN TO 375°F. PLACE

Serving Suggestions :

ENTREE

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : No

1 = 3 meat, 0 grams