



# Breaded Sea Salt & Pepper Tilapia Tenders 2-3 oz.

## Nutrition Facts

Serving Size: 100 GR  
 Household Serving Size:  
 Servings Per Container: 45

Amount Per Serving		
<b>Calories</b>	250	Calories from Fat: 250
	Per Serving	% Daily Value*
<b>Total Fat</b>	12 g	18%
Saturated Fat	2 g	10%
Trans Fat	g	
<b>Cholesterol</b>	30 mg	10%
<b>Sodium</b>	1000	42%
<b>Total Carbohydrate</b>	20 g	7%
Dietary Fiber	1 g	4%
Sugars	1 g	
<b>Protein</b>	14 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	2%
<b>Calcium</b>	2%	<b>Iron</b>	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
<b>Total Fat</b>	Less than	65g	80g
Sat. Fat	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
<b>Fat</b>	9	<b>Carbohydrate</b>	4
		<b>Protein</b>	4

## Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
10025728	10093901690514			45

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x8	547 Days	-15 FA / -14 FA

## Ingredients :

TILAPIA, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED FOOD STARCH, SEA SALT, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, BLACK PEPPER, YELLOW CORN FLOUR, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MONOSODIUM GLUTAMATE, SPICES, VEGETABLE OIL SHORTENING (SOYBEAN), SALT, ONION POWDER, AUTOLYZED YEAST EXTRACT, DEXTROSE, CORN SYRUP SOLID, CITRIC ACID, GARLIC POWDER, YEAST, DISTILLED VINEGAR, MONOGLYCERIDES, DOUGH CONDITIONER (SODIUM STEAROYL LACTYLATE, L-CYSTEINE MONOHYDROCHLORIDE, ASCORBIC ACID, AZODICARBONAMIDE), NATURAL FLAVOR, LEMON JUICE SOLID, DISODIUM INOSINATE, DISODIUM GUANYLATE, FLAVOR, WHEY, GUAR GUM, MODIFIED CORN STARCH, LACTIC ACID, SPICE EXTRACTIVE, NATURAL FLAVOR, GARLIC EXTRACT, ONION EXTRACT, YEAST NUTRIENTS (AMMONIUM CHLORIDE, CALCIUM SULFATE). FRIED IN SOYBEAN OIL. CONTAINS FISH, WHEAT, MILK, SOY.

## Prep & Cooking Suggestions :

DEEP FRY: HARD FROZN AT 350F FOR ABOUT 2 1/2 - 3 1/2 MINUTES. CONVENTIONAL OVEN: BAKE FROM FROZEN AT 425F FOR 10-12 MINUTES.

## Serving Suggestions :

Entree

## Claims :

BAP Certified :  
 MSC Certified :  
 AHG Certified :

## CN Information :

Has CN Statement : No

*Raw breaded*