HIGH LINER FOODS™

Date: 7/31/14

PRODUCT: **14474 2/5 Lb. PIER 17 STYLE NATURAL IQF TILAPIA FILLETS 5'S**

CARTON LABEL:

HIGH LINER FOODS™

Date: 7/31/14

NUTRITION FACTS:

PRODUCT: 14-474

PIER 17 NAT. TILAPIA 5-6'S

Nutrition Facts

Serving Size 5.5 oz (154g/about 1 fillet)
Servings Per Container about 14

Amount per Serving	
Calories 360	Calories from Fat 210
	% Daily Value*
Total Fat 23g	35 %
Saturated Fat 6g	30 %
Trans Fat 0g	
Cholesterol 60mg	20 %
Sodium 440mg	18 %
Total Carbohydrate 19g	6 %
Dietary Fiber less than 1g	3 %
Sugars 1g	
Protein 19g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 . Carbohydrate 4 . Protein 4

PACK SIZE..... 2/5.00 LBS. (ADD 1.1 LB. FOR TARE WT.)
PALLETIZE..... 6 X 14 (HI X TI)
CASE CUBE..... 0.51
CASE DIM..... 13.25 X 9.37 X 6.75 CU.IN.
INNER DIM..... 13.00 X 9.25 X 3.00 CU.IN.