

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

CARTON LABEL:

69185 Compass Label 14474 CD15658 #14474 9/27/12 5:26 PM Page 1

Pier 17 Style
Ready to Bake Breaded
Natural IQF
Tilapia Fillets

KEEP FROZEN - DO NOT REFREEZE

COOKING INSTRUCTIONS
CONVENTIONAL OVEN: Preheat oven to 450°F, separate portions and place on shallow pan. Bake for 14-16 minutes.
CONVECTION OVEN: Preheat oven to 425°F, separate portions and place on shallow pan. Bake for 12-15 minutes.
FOR ALENED CROSTINI SS: Broil the last 3 minutes. Keep about 8 inches below broiler to prevent crumb from burning.
NOTE: Fish is fully cooked when it reaches an internal temperature of 165°F minimum.



INGREDIENTS
TILAPIA, BLEACHED WHEAT FLOUR, SOYBEAN OIL OR CANOLA OIL, BUTTER (CREAM, SALT), WATER, SALT, LECITHIN, MODIFIED CORN STARCH, CHEDDAR CHEESE, MILK, CHEESE CULTURES, SALT, ENZYMES, DISODIUM PHOSPHATE, ANNATIN, SUGAR, SOY LECITHIN, YEAST, YELLOW CORN FLOUR, ONION POWDER, BUTTERFLIN, TARRAGON POWDER, NATURAL FLAVORS, AUTOXYDIZED HEAT EXTRACT, SPIRIT, DISODIUM PHOSPHATE, ARTIFICIAL FLAVOR, GARAMEL, COLOUR, GREEN TEA EXTRACT, ANNATIN, COLOUR, AND RED CAROTEN, COLOUR. (CONTAINS: FISH, TILAPIA, WHEAT, MILK, SOY.)

MADE & FILLINED BY: HIGH LINER FOODS, PORTSMOUTH, NH 02871 FOR INQUIRIES CALL: 1 800 960 3664

Amount/ Serving		% Daily Value*	Amount/ Serving		% Daily Value*
Total Fat 23g		35%	Total Carbohydrate 19g		6%
Saturated Fat 16g		30%	Dietary Fiber 1g		3%
Trans Fat 0g			Sugars 1g		
Cholesterol 60mg		20%	Protein 19g		
Sodium 440mg		18%			

*Percent Daily Values are based on a diet of other people's secrets. If you are on a special diet, please consult your doctor or dietitian. © 2008 High Liner Foods. All rights reserved.

Nutrition Facts
Serving Size 5.0 oz (154g) about 1 fillet
Serving Per Container About 14
Calories 360
Calories from Fat 210

Vitamin A 2% • Vitamin D 0% • Calcium 0% • Iron 4%



Pier 17 Style
Ready to Bake Breaded
Natural IQF
Tilapia Fillets



Serving Suggestion

NET WT 5 Lb (2.26 kg)

ENLARGED TO SHOW TEXTURE

4400115-R10/12

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.