



## OVEN READY PARMESEAN CRUSTED NATURAL TILAPIA FILLET 4-6 OZ



### FEATURES

### BENEFITS

Premium seafood	<b>Mild flavor with a firm texture inside coated with our Parmesan breading</b>
Authentic breaded selection	<b>Delicious Parmesan cheese breading</b>
Nutritious and Fun	<b>Combines nutritious benefits of seafood with a colorful appeal</b>
Ratio fish to breading	<b>Delivers consistent 60/40 ratio of fish to breading</b>
Easy and quick to prepare	<b>Ready to cook from frozen in either convection or convectional oven</b>
Sustainable	<b>Our Tilapia is raised responsibly and BAP certified</b>
Consistent piece size in every box	<b>Control your costs by getting exactly what you pay for</b>



ICYBAY Tilapia has been certified for Best Aquaculture Practices by the Global Aquaculture Alliance.

# Product Facts



Slade Gorton Code	Certification	Flesh/ Breeding Ratio	Pack/Size	Avg. Pieces/ Case	Case Configuration L x W x H (in)	Case Cube	Pallet TI/HL
27485	BAP	60/40	1/10#	32	13.19 x 9.44 x 6.563	0.473	14x8

## Nutrition Facts - Portion

## Nutrition Facts - 100g

## Cooked

Nutrition Facts	
Serving Size 1 fillet (112g) Servings Per Container about 40	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 560mg</b>	<b>23%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 17g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 8%
*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
Saturated 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	

Nutrition Facts	
Serving Size (100g) Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 500mg</b>	<b>21%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 15g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 8%
*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
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UPC code: 073129274850  
GTIN: 00073129274850

LOT# ??????	<b>ICYBAY</b>	2681	KEEP FROZEN
PC#27485	<b>OVEN-READY PARMESAN ENCRUSTED NATURAL TILAPIA FILLET 4-6 OZ.</b>		2681
<p><b>INGREDIENTS:</b> Tilapia, bleached wheat flour, water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate); contains less than 2% of: yellow corn flour, yellow corn meal, vegetable oil (canola, soybean and/or sunflower), distilled vinegar, sugar, dextrose, daterm, monoglycerides, wheat gluten, caramel color, yeast, dough conditioners (sodium stearoyl lactylate, L-cysteine monohydrochloride, ascorbic acid, azodicarbonamide), extractive of paprika, spice and spice extractives, yeast nutrients (ammonium chloride, calcium sulfate), parmesan cheese (pasteurized milk, salt, enzymes, cheese cultures), extractive of annatto and turmeric, cheese powder blend (cheddar cheese (pasteurized milk, bacterial culture, salt, enzymes), whey, butter (cream, salt), buttermilk, disodium phosphate), cream of tartar, butter-milk, garlic powder, romano and parmesan cheese (part skim cow's milk, cheese cultures, salt, enzymes), onion powder, tomato powder, maltodextrin, soy protein isolate (with soy lecithin), enzyme modified cheese solids (milk, cheese cultures, salt, enzymes, calcium chloride), sodium tripolyphosphate, to retain moisture), Pollock Protein, autolyzed yeast extract, natural parmesan cheese flavor [enzyme modified parmesan cheese (pasteurized milk, cheese culture, salt, enzymes), unsalted butter (pasteurized cream), buttermilk], natural butter flavor [maltodextrin, nonfat dry milk, natural flavor (with butterfat)], annatto, turmeric], natural flavor, yeast extract. Precooked in canola, cottonseed and/or soybean oil. <b>Contains Tilapia, Wheat, Pollock, Soy, Milk.</b></p>			
<p><b>COOKING INSTRUCTIONS:</b> CONVECTION OVEN: Preheat oven to 375°F. Place frozen fillets on baking sheet and bake for 18-20 minutes, or until internal temperature reaches 160°F. CONVENTIONAL OVEN: Preheat oven to 425°F. Place frozen fillets on baking sheet and bake for 22-24 minutes, or until internal temperature reaches 160°F.</p>			
NET WT. 10 LBS. (4.54 Kg)		<b>NutraPure.</b> <small>— a healthy choice</small>	<p>PC#27485</p> <p><b>ICYBAY</b> <b>OVEN-READY PARMESAN ENCRUSTED NATURAL TILAPIA FILLET 4-6 OZ.</b></p> <p>00073129274850</p> <p>DISTRIBUTED BY: SLADE GORTON &amp; CO., BOSTON, MA 02118</p>



**SLADE GORTON**  
NO ONE ELSE.

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To learn more or to place an order please contact your sales associate at the Slade Gorton office: 800-225-1573