

## Tilapia / Oven-Ready Parmesan Encrusted Natural Tilapia Fillet 4-6 oz

UCC14 Code: 00073129274850 UCC12 Code: 073129274850 SUPC Code: 0744100



### PRODUCT/PACKAGING INFORMATION:

Case Cube	Case Configuration	Pallet Configuration	Cases per Pallet
0.473	13.19 x 9.44 x 6.563	14x8	112

  

Pack Size	Unit Weight	Gross Weight	Net Weight
1/10#	10	11	10

Farm/Fishery Specification: BAP  
Frozen Shelf Life: 18 months from date of manufacture.  
Allergens: Yes. Please see label.  
Approx. Servings per Case: 40  
Labeling: Oven Ready  
Freezing: IQF

### PRODUCT LABEL:

LOT# ?????  
PC# 27485  
**ICYBAY**  
**OVEN-READY PARMESAN ENCRUSTED**  
**NATURAL TILAPIA FILLET 4-6 OZ.**

**INGREDIENTS:** 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, dater, monophosphates, 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. **Contains Tilapia, Wheat, Pollock, Soy, Milk.**

**COOKING INSTRUCTIONS:** 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.

NET WT. 10 LBS. (4.54 Kg)

Made with all natural  
**NutraPure.**  
...a healthy solution

KEEP FROZEN  
PC# 27485

**ICYBAY**  
**OVEN-READY PARMESAN ENCRUSTED**  
**NATURAL TILAPIA FILLET 4-6 OZ.**



00073129274850

DISTRIBUTED BY: SLADE GORTON & CO.,  
BOSTON, MA 02118

### 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>
<b>% Daily Value*</b>	
<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	Less than	300g	375g
Dietary Fiber	Less than	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>
<b>% Daily Value*</b>	
<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>	

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