Where you recognize all the ingredients

dr. Praeger's™
PURELY SENSIBLE FOODS™

Lightly Breaded Tilapia Fillets 4oz

Product # NFBTILIN4

Manufacturer: Ungars Food Products
DBA Dr. Praeger's Sensible Foods

Date: 2/19/2018

Natural Shaped Whole Fillets, Low Saturated Fat, Good Soruce of Fiber, 16 Grams of Protein per Serving, No Trans Fat, No Preservatives

Nutrition Facts

Serving Size 4.5 oz. (128g)
Servings Per Container About 35

Amount Per Serving	
Calories 220	Calories from fat 80
	% Daily Value*
Total Fat 9g	**13%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 240mg	**10%**
Potassium 250mg	**7%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**13%**
Sugars 3g	
Protein 16g	
Vitamin A 0% •	**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;

Ingredients:

Tilapia Fillets, Breading (Unbleached Wheat Flour, Yellow Corn Flour, Corn Starch, Yeast, Sugar, Salt, Dextrose, Garlic Powder, Onion Powder, Spices), Potatoes, Expeller Pressed Canola Oil

Storage: Keep Frozen at 0°F/-18°C or below:
Designed to be cooked from frozen

Shelf Life: 24 Months, frozen from date of production

Preparation:

COOKING INSTRUCTIONS:
Must Be Cooked From Frozen.
For Food Safety and Quality, Heat to a Minimum Internal Temperature of 165° F.
Convection Oven: (Preferred Method) Preheat oven to 400 degrees F. Place frozen fish on paper lined baking tray. Cook for 15-18 minutes. For added crispness, cook slightly longer.
Oven: Preheat oven to 450 degrees F. Place frozen fish on paper lined baking tray. Cook for 20-25 minutes. For added crispness, cook slightly longer.

Packaging Specs:

UPC: 080868127026
Finished Prod. Dimensions: by
Case Pack: 35/3.5oz
Allowable Case Defect less than 5%
Case Net Wt: 10 lbs (4.54kg)
Gross Wt: 11 lbs
Case Dimensions: 14.4" x 6.7" x 6.7"
Case Cube (cu. ft.): .4690
Pallet Tie/HI: 14/9
GTIN: 00080868127026
Country of Origin: CHINA

Kosher Parve

Case Pack Label