



PURELY SENSIBLE FOODS

Ordering Code:

NFBTILIN4

Lightly Breaded Tilapia Fillets 4oz

Natural Shaped Whole Fillets, Panko Bread Crumbs, Low Saturated Fat, Good Source of Fiber, 16 Grams of Protein per Serving, No Trans Fat, No Preservatives



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
 Contains: Fish, Wheat

STORAGE / SHELF LIFE

24 months from date of production when stored frozen at 0°F/-18°C or below. Cook from frozen.

PREPARATION

KEEP FROZEN PRIOR TO USE. For food safety and quality cook to an internal temperature of 165°F. **Convection Oven (Preferred Method):** Preheat oven to 400°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°F. Place frozen fish on paper lined baking tray. Cook for 20-25 minutes. For added crispness, cook slightly longer.

Nutrition Facts

Serving Size 4.5oz (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.



PACKAGING SPECS

UPC	080868127026
Finished Product Dimensions	
Case Pack	35/3.5oz
Allowable Case Defect	Less than 5%
Case Net Weight	10 lbs
Gross Weight	11 lbs
Case Dimensions	14.4" x 6.7" x 6.7"
Case Cube (cubic feet)	.4690
Pallet Ti/Hi	14/9
GTIN	00080868127026
Country of Origin	USA



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Best if used by: FEB-24-2018

Contains: FISH, WHEAT

10 lbs (4.54kg)

Keep Frozen 0°F/-18°C

Lot # W15CD-05B

Dr. Praeger's Sensible Foods
 Elmwood Park, NJ 07407
 Made in USA
 EU# 3001237875

As of 11/2017

MANUFACTURED BY DR. PRAEGER'S SENSIBLE FOODS, INC.

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