



Sea Best
1067620726 - 3/5 Oz V/P Tilapia Fillet

Our Sea Best boneless, skinless, farm raised tilapia fillets are an excellent introduction to seafood with their mild, palate-friendly flavor and delicate, flaky texture. Tilapia is a mild, lean fish that is popular for its palate-friendly flavor. The neutral taste of tilapia allows accompanying flavors to infuse the flaky meat, and it adapts to the seasoning and sauces it's cooked in.



* Benefits

Ingredients

Tilapia

⚠ Allergens

Contains:



May Contain:



Free From:



Nutrition Facts

Servings per Container 20
Serving size 4oz (113g)

Amount per serving
Calories 98

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mg	0%
Calcium 13mg	1%
Iron 0.36mg	2%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep frozen. Do not refreeze.

Serving Suggestions

Serving suggestions for tilapia include parmesan crusted tilapia, chile lime tilapia, tilapia piccata and blackened tilapia.

Prep & Cooking Suggestions

To avoid foodborne illness, it is necessary to cook seafood to an internal temperature of 145°F for 15 seconds until the flesh is opaque and flaky.

📄 Product Specifications

Brand	Manufacturer	Product Category
Sea Best	Beaver Street Fisheries Inc.	Fish, Commodity

MFG #	SPC #	GTIN	Pack	Pack Desc.
6217910	1067620726	00075391951835	0	1/10 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.01lb	10lb	CHN	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16in	12.25in	4.75in	0.54ft3	8x10	1095DAYS	-10°F / 0°F



Sea Best
1067620726 - 3/5 Oz V/P Tilapia Fillet

Our Sea Best boneless, skinless, farm raised tilapia fillets are an excellent introduction to seafood with their mild, palate-friendly flavor and delicate, flaky texture. Tilapia is a mild, lean fish that is popular for its palate-friendly flavor. The neutral taste of tilapia allows accompanying flavors to infuse the flaky meat, and it adapts to the seasoning and sauces it's cooked in.
3/5 ounce Vacuum Packed Tilapia Fillet



Nutrition Analysis - By Serving

Calories	98kcal	Total Fat	1g	Sodium	40mg
Protein	21g	Trans Fats	0g	Calcium	13mg
Total Carbohydrates...	0g	Saturated Fat	0.5g	Iron	0.36mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(IU)•	26NIU	Vitamin D	0mg	Thiamin	
Vitamin A(RE)		Vitamin E	0mg	Niacin	
Vitamin C	1.8mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

