



Sea Best  
1067620700 - 7/9 Oz V/P Tilapia Fillet

Sea Best Tilapia is a great tasting fish with a mild flavor and a delicate, flaky texture. It's become very popular for its versatility, low fat content and high protein content. Tilapia is a delicious, lean white fish that has a wide variety of associated health benefits, including its ability to help reduce weight, boost overall metabolism, lower cholesterol and triglyceride levels, and strengthen your immune system. It's mild taste makes it very versatile, taking on the flavors of seasonings and sauces its cooked in. Since tilapia is so mild flavored, it has universal appeal, even amongst consumers who don't normally eat seafood.



\* Benefits

Ingredients

Tilapia

⚠ Allergens

Contains:



May Contain:



Free From:



Nutrition Facts

Servings per Container 20  
Serving size 8oz (224g)

Amount per serving  
Calories 200

|                          | % Daily Value* |
|--------------------------|----------------|
| Total Fat 3g             | 4%             |
| Saturated Fat 50g        | 250%           |
| Trans Fat 0g             |                |
| Cholesterol 100mg        | 33%            |
| Sodium 90mg              | 3%             |
| Total Carbohydrate 0g    | 0%             |
| Dietary Fiber 0g         | 0%             |
| Total Sugars 0g          |                |
| Includes 0g Added Sugars | 0%             |

|                  |     |
|------------------|-----|
| Protein 42g      |     |
| Vitamin D 11µg   | 55% |
| Calcium 38mg     | 2%  |
| Iron 2.1mg       | 11% |
| Potassium 1150mg | 24% |

\* 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

Serve as entree.

Prep & Cooking Suggestions

This fish tastes delicious baked, sautéed or breaded and fried. Serve with sides, or in salads and sandwiches. Cook to an internal temperature of 145°F.

✏ Product Specifications

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

| MFG #   | SPC #      | GTIN           | Pack | Pack Desc. |
|---------|------------|----------------|------|------------|
| 6217935 | 1067620700 | 00075391964996 | 0    | 1/10 lbs   |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 11.99lb      | 10lb       | CHN               | No     |                 |

| Shipping Information |         |        |         |       |            |                      |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length               | Width   | Height | Volume  | TlxHI | Shelf Life | Storage Temp From/To |
| 15.98in              | 12.01in | 4in    | 0.44ft3 | 10x9  | 1095DAYS   | -10°F / 0°F          |



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**7/9 OZ VACUUM PACKED TILAPIA FILLET**



Nutrition Analysis - By Serving

|                        |         |                     |       |                |        |
|------------------------|---------|---------------------|-------|----------------|--------|
| Calories               | 200kcal | Total Fat           | 3g    | Sodium         | 90mg   |
| Protein                | 42g     | Trans Fats          | 0g    | Calcium        | 38mg   |
| Total Carbohydrates... | 0g      | Saturated Fat       | 50g   | Iron           | 2.1mg  |
| Sugars                 | 0g      | Added Sugars        | 0g    | Potassium      | 1150mg |
| Dietary Fiber          | 0g      | Polyunsaturated Fat | 0g    | Zinc           |        |
| Lactose                |         | Monounsaturated Fat | 0g    | Phosphorus     |        |
| Sucrose                |         | Cholesterol         | 100mg |                |        |
| Vitamin A(IU)•         | 0NIU    | Vitamin D           | 11µg  | Thiamin        |        |
| Vitamin A(RE)          |         | Vitamin E           | 0mg   | Niacin         |        |
| Vitamin C              | 4mg     | Folate              |       | Riboflavin     |        |
| Magnesium              |         | Vitamin B-6         |       | Vitamin B-1 2• |        |
| Monosodium             |         | Sulphites           |       | Nitrates       |        |

 Additional Images

