

# Tilapia Fillets



## Tilapia Fillets

*Our Fisherman's Pride® Brand Tilapia fillets are IVP (Individually Vacuum Packed), skinless, boneless, fully trimmed, and packed with only the finest quality on the market today. This environmentally friendly specie, *Oreochromis Niloticus*; is farm raised in China. With a clean fresh flavor, and delicate white flesh, Fisherman's Pride® offers the best Tilapia quality and value on the market.*



**"THE PRIDE OF THE INDUSTRY"  
RUGGIERO SEAFOOD, INC.**

*Distributors of Frozen Calamari and other Seafood Products*



# Tilapia Fillets

- 100% Yield
- High Protein
- No Preservatives

Nutrition Facts	
Serving Size 3 oz (85g) Tilapia, cooked dry heat	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 20</b>
	<b>% Daily Value*</b>
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 22g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
Selenium 70%	
*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	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

## Try Our Serving Suggestion

### Lemon Garlic Tilapia

- 4 Tilapia Fillets
- 1 minced garlic clove
- 3 tablespoons fresh lemon juice
- 1 teaspoon freshly chopped parsley
- 1 tablespoon melted butter
- Salt & pepper to taste

### Preparation:

1. Preheat oven to 375 degrees F. Spray a baking dish with non-stick cooking spray.
2. Rinse tilapia fillets under cold water, and pat dry with paper towels.
3. Place fillets in baking dish. Pour lemon juice over fillets, and drizzle butter on top. Sprinkle with garlic, parsley, salt and pepper.
4. Bake in preheated oven until the fish is white and flakes when pulled apart with a fork, about 10-15 minutes.

## Packing Information

### Tilapia Fillets (*Oreochromis Niloticus*)

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Gross Wt.	UPC Code	Case Size	Case Cube	Ti x Hi
582-10	3-5 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	1/10 lbs.	10 lbs.	13 lbs.		11" x 9" x 9"	0.52	10 x 9 = 90
583-10	5-7 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	1/10 lbs.	10 lbs.	13 lbs.		11" x 9" x 9"	0.52	10 x 9 = 90
584-10	7-9 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	1/10 lbs.	10 lbs.	13 lbs.		11" x 9" x 9"	0.52	10 x 9 = 90
585-10	9-12 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	1/10 lbs.	10 lbs.	13 lbs.		11" x 9" x 9"	0.52	10 x 9 = 90
582	3-5 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	10/1 lbs.	10 lbs.	13 lbs.	0 46994 53201 1	11" x 9" x 9"	0.52	10 x 9 = 90
583	5-7 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	10/1 lbs.	10 lbs.	13 lbs.	0 46994 53202 8	11" x 9" x 9"	0.52	10 x 9 = 90
584	7-9 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	10/1 lbs.	10 lbs.	13 lbs.	0 46994 53203 5	11" x 9" x 9"	0.52	10 x 9 = 90
585	9-12 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	10/1 lbs.	10 lbs.	13 lbs.	0 46994 53204 2	11" x 9" x 9"	0.52	10 x 9 = 90
582-20	3-5 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	10/2 lbs.	20 lbs.	24 lbs.	0 46994 53205 9	16.75" x 12.5" x 7.25"	0.88	5 x 13 = 65
583-20	5-7 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	10/2 lbs.	20 lbs.	24 lbs.	0 46994 53206 6	16.75" x 12.5" x 7.25"	0.88	5 x 13 = 65
584-20	7-9 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	10/2 lbs.	20 lbs.	24 lbs.	0 46994 53207 3	16.75" x 12.5" x 7.25"	0.88	5 x 13 = 65
585-20	9-12 oz. Tilapia Fillet Boneless, Skinless	Product of China	Oreochromis Niloticus	10/2 lbs.	20 lbs.	24 lbs.	0 46994 53208 0	16.75" x 12.5" x 7.25"	0.88	5 x 13 = 65



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