

S P E C S H E E T

Specie:

Oreochromis niloticus

Sizing - Format:

3-5 oz IQF (1 X 4,54 kg) #242

5-7 oz IQF (1 X 4,54 kg) #243

3-5 oz IVP (1 X 4,54 kg) #119

5-7 oz IVP (1 X 4,54 kg) #24

7-9 oz IVP (1 X 4,54 kg) #25

Origin: China

Fishing type: Farmed Raised

Processed in: China

Texture and Taste: Semi-firm and flaky

Features:

Skinless

Boned

Remains firm when cooked

Kosher

Ingredients:

Tilapia

Shelf life:

24 months after freezing date Freezer:

-18 C or less

Fridge: 48 hours

Do not refreeze thawed product



Valeur nutritive Nutrition Facts	
Par filet (171 g) / Per fillet (171 g)	
	% valeur quotidienne * % Daily Value*
Calories 150	
Lipides / Fat 2.25 g	5 %
saturés / Saturated 0.75 g	5 %
+ trans / Trans 0 g	
Glucides / Carbohydrate 0 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 0 g	0 %
Protéines / Protein 30 g	
Cholestérol / Cholesterol 75 mg	
Sodium 75 mg	3 %
Potassium 570 mg	17 %
Calcium	0 %
Fer / Iron	6 %

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
* 5% or less is **a little**, 15% or more is **a lot**

