Pêcheries Océanic Fisheries inc.
20 ans years

TILAPIA FILLET
chem free

SPEC SHEET

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
4 oz IQF (1 X 4.54 kg) # 381

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

Contains / Allergens :
Fish. (Although we have done our best to eliminate all bones, some traces may remain)

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)

Calories 150	% valeur quotidienne * / % Daily Value*
Lipides / Fat 2.25 g	5 %
saturés / Saturated 0.75 g + trans / Trans 0 g	5 %
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**

Best Aquaculture Practices