



072021 - KING & PRINCE® POTATO CRUSTED TILAPIA 3 OZ.

Each Fish Market Fresh® tilapia is raised in the pristine environment of deep-water lakes. These fish are produced under the Best Aquaculture Practices (BAP) certification and never treated with chemicals. Our careful selection of tilapia ensures that Fish Market Fresh® delivers a clean, consistent flavor every time. Each fillet is lightly crusted, frozen and ready-to-bake or fry, saving labor and prep time. The best part is each fillet is sustainable and Gluten Free*.
*Meets the FDA requirement for less than 20 ppm of gluten.



Brand: King & Prince

Nutrition Facts

54 servings per container

Serving size **3 Ounces (85.g)**

Amount per serving
Calories 190

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 260mg **11%**

Total Carbohydrate 20g **7%**

Dietary Fiber 0g **2%**

Total Sugars 0g

Includes 0g Added Sugars **1%**

Protein 16g

Vitamin D 2mcg 0% • Calcium 10mg 2%

Iron 0mg 4% • Potassium 300mg 6%

* 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.

Ingredients

Tilapia, Rice Flour, Potatoes, Palm Oil, Salt, Water, Corn Starch, Cottonseed And/Or Soybean Oil, Potato Granules, Soy Protein isolate, Yellow Corn Flour, Salt, Maltodextrin, Natural Flavor, Honey, Raisin Juice Concentrate, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Enzyme Modified Butter, Garlic Powder, Onion Powder, Flavor, Yeast Extract, Spices, Mono And Diglycerides, Silicon Dioxide Added To Prevent Caking, Sodium Acid Pyrophosphate, Soybean Oil (As Processing Aid). Contains: Fish (Tilapia), Milk, Soy.

Product Specifications

GTIN	00070017720215	Case Gross Weight	11 LB
UPC		Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	15.83 IN, 9.83 IN, 6.10 IN
Shelf Life	365 Days	Cube	0.55 CF
Tie x High	12 x 7		

Preparation and Cooking

Keep frozen until ready to use. Do not refreeze. Cook to an internal temperature of 165°F. Appliances may vary. Deep Fryer: Heat oil to 350°F. Add fillets shaking basket occasionally to prevent from adhering. Fry for approximately 5 to 5.5 minutes or until golden brown. Convection Oven: Preheat 375°F. Place fillets on baking sheet and cook for approximately 14 to 15 minutes or until fillets are crisp.

Serving Suggestions

- Great option for healthcare • College and university • Buffets and catering • Supermarket Deli • Pair with fresh sides for delicious, healthy entrées

Packaging and Storage

Keep Frozen

Allergens

CONTAINS:
Fish or Fish Derivatives, Milk or Milk Derivatives, Soybeans or Soybean Derivatives

FREE FROM:
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Peanuts or Peanut Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Barcode

Case Barcode



00070017720215

Each Barcode



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