



072022 - KP FMF GLUTEN FREE Tortilla CRUSTED TILAPIA, 3oz

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

52 servings per container

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

Amount per serving
Calories 180

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **9%**

Sodium 620mg **27%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **1%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 0mcg 0% • Calcium 0mg 2%

Iron 0mg 10% • Potassium mg 0%

* 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, Stone Ground Corn, Water, Cottonseed And/Or Soybean Oil, Yellow Corn Flour, Salt, Sorghum Flour, Pea Protein, Red And Green Bits (Vegetable Juice, Beta Carotene, Paprika Extract, Turmeric, Cocoa), Tapioca Starch, Modified Corn Starch, Degerminated White Corn Flour, Dextrose, Modified Tapioca Starch, Spices, Sodium Bicarbonate, Potato Starch, Egg Whites, Soybean Oil, Lime, Chili Pepper, Xanthan Gum, Citric Acid, Fd&C Yellow No. 5, Sugar, Natural Flavor, Gluconolactone, Silicon Dioxide, Yeast, Lime Juice, Sodium Acid Pyrophosphate, Lime Oil, Ascorbic Acid, Monocalcium Phosphate, Dried Garlic, Guar Gum. Contains: Fish (Tilapia), Egg.

Product Specifications

GTIN	00070017720222	Case Gross Weight	11 LB
UPC	070017720222	Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	15.83 IN, 9.82 IN, 6.07 IN
Shelf Life	390 Days	Cube	0.54 CF
Tie x High	12 x 7		

Preparation and Cooking

Keep frozen until ready to use. Do no refreeze. Cook until internal temperature reaches 165°F
Convection Oven: From frozen, 375°F for 14-15 minutes Microwave: From frozen, On HIGH for 1 minute. Let sit for 1 minute. Industrial Fryer: In deep fryer, heat oil to 350°F, fry approximately 5-5 1/2 minutes For alternative cook methods, contact King & Prince Seafood Culinary Team

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



00070017720222

Each Barcode



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