



MULTIGRAIN CRUSTED TILAPIA

Pre heat oven to 425F and bake for 9 minutes flip and cook for another 9 minutes from frozen on lightly oiled sheet pan.

INGREDIENTS: TILAPIA FISH FILLETS, TOASTED WHEAT CRUMBS, WATER, GRAIN AND SEED BLEND [WHOLE GRAINS (CRUSHED WHEAT, CHOPPED RYE, MILLET, BARLEY FLAKES, CORN MEAL, STEEL CUT OATS), FLAX, SUNFLOWER SEED], FLOUR (WHOLE WHEAT, WHOLE CORN, WHEAT), MODIFIED CORN STARCH, TAPIOCA STARCH, SEASONINGS (SPICES, GARLIC), SALT, COLOUR (PAPRIKA). BROWNED IN CANOLA OIL. CONTAINS TILAPIA (FISH), WHEAT, RYE, BARLEY, OATS.

PRODUCT OF USA

PACKED IN CANADA BY 1694351 INC.
KITCHENER, ON. N2C 2M3

Lot # P038

2.2kg

Nutrition Facts Valeur nutritive

Per 1 FILLET (116g)
Pour 1 FILET (116g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 230	
Fat / Lipides 9g	14%
Saturated / satures 1g	5%
Cholesterol / Cholesterol 25mg	
Sodium / Sodium 340mg	14%
Carbohydrate / Glucides 22g	7%
Fibre / Fibres 2g	9%
Sugars / Sucres 3g	
Protein / Proteines 16g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	8%