



TILAPIA

OVEN READY / BREADED

Pre heat oven to 450F and bake for approximately 18-23 minutes; flip the portions over half way through cook time.

Deep fat fryer- fry at 360F for approximately 3-4 minutes

INGREDIENTS:

TILAPIA, ENRICHED FLOUR(WHEAT,NIACIN,FERROUS SULFATE,REDUCED IRON ,THIAMINE MONONITRATE,RIBOVLAVIN,FOLIC ACID), WATER,FOOD STARCH MODIFIDER, SOYBEAN AND/OR CANOLA AND/OR COTTONSEED OIL, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, SPICE, GARLIC POWDER, ONION POWDER, CORN STARCH, EGG WHITES, WHEY, YEAST, LEAVENING (SODIUM ACID PHOSPHOPHATE, BAKING SODA), DEFATTED SOY FLOUR, YEAST FOOD, CORN SYRUP SOLIDS, ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE.. CONTAINS FISH(TILAPIA), WHEAT, EGG WHITES, MILK AND SOY.

PRODUCT OF USA

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

2.2 kg/5lb



Nutrition Facts Valeur nutritive

Per 94g
pour 94g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 200	
Fat / Lipides 9g	14%
Saturated / saturés 1g	15%
Trans Fat / trans 0g	
Cholesterol / Cholestérol 25mg	8%
Sodium / Sodium 150mg	6%
Carbohydrate / Glucides 18g	5%
Fibre / Fibres 0g	0%
Sugars / Sucres 1g	
Protein / Protéines 13g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcuim	2%
Iron / Fer	6%

Lot # V532715