

# Tilapia Fillets



- >> DEEP-SKINNED
- >> NON-TREATED
- >> ACC CERTIFIED "BEST AQUACULTURE PRACTICES"



# Tilapia Fillets

Trident Seafoods offers high quality, deep-skinned Tilapia fillets in five, carefully graded sizes. White, flaky and mild-tasting, these fillets are a perfect fit for any menu, from center-of-the-plate entrées to tasty tacos, wraps, soups and appetizers.

Our Tilapia are raised under rigorous controls and processed in a state-of-the-art facility on China's island of Hainan, an area known for its clean environment and natural beauty. To ensure consistent quality and food safety, our fish are inspected during all phases of processing by on-site, Trident Quality Assurance professionals. Not only is our facility fully HACCP compliant, we also comply with the Aquaculture Certification Council's (ACC) "Best Aquaculture Practices."

You're not only getting a great value, you're getting a great-tasting fillet that meets Trident's exacting standards.

## Features & Benefits

### >> DEEP-SKINNED

For milder flavor and whiter appearance

### >> NON-TREATED

Never treated with gas or phosphates

### >> ACC CERTIFIED:

**"BEST AQUACULTURE PRACTICES"**

Ensures food safety and consistent high quality

### >> ONCE FROZEN

Frozen at the source, glazed to protect taste and texture

## Species Information

Tilapia are mild, sweet freshwater whitefish with a firm, flaky texture. Native to North Africa, Tilapia is the most widely farmed fish in the world. Trident suppliers are held to the strictest environmental standards, ensuring consistent clean flavor and the highest quality.

## PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
414063	Trident Seafoods Deep-Skinned IQF	2-3 oz.	1/10 lb.	64	0 00 28029 14063 7
414064	Trident Seafoods Deep-Skinned IQF	3-5 oz.	1/10 lb.	40	0 00 28029 14064 4
414065	Trident Seafoods Deep-Skinned IQF	5-7 oz.	1/10 lb.	27	0 00 28029 14065 1
414066	Trident Seafoods Deep-Skinned IQF	7-9 oz.	1/10 lb.	20	0 00 28029 14066 8
10 LB. CASE: DIMENSION: (L x W x D) 15" L x 10" W x 6" D		GROSS WEIGHT: 12 lb.		CUBE: .52	TI HI: 12 x 7

Aquaculture Certification Council (ACC)  
www.aquaculturecertification.org



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107

(800) 367-6065

(206) 783-3474

FAX: (206) 782-7246

E-MAIL: Sales@TridentSeafoods.com

www.TridentSeafoods.com



## COOKING & HANDLING INSTRUCTIONS

Keep frozen at 0° F or below until ready to use. For best results, thaw before cooking. To thaw, remove all packaging and refrigerate below 38° F for 8-10 hours or overnight. Oven temperatures vary. Cook to an internal temperature of 145°F.

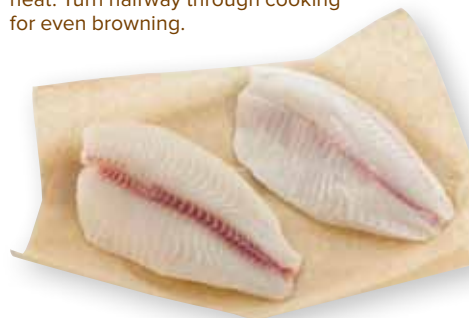
Allow 10 minutes of cooking time per inch of thickness on thawed product.

**BROIL:** Broil Tilapia 4 inches from heat. Brush with oil, butter, margarine or marinade several times during cooking.

**SAUTÉ:** Sauté Tilapia in oil, butter or margarine over medium-high heat. Turn halfway through cooking for even browning.

**BAKE:** Place Tilapia in baking dish in a preheated oven at 400°F. It is not necessary to turn Tilapia during cooking. Brush with butter or sprinkle with herbs if desired.

**POACH:** Cover Tilapia with boiling, salted water. Add flavorings such as lemon slices, white wine or herbs to the poaching liquid.



### TILAPIA FILLETS

Deep skinned fillets for a mild, clean flavor and attractive presentation.

Nutrition Facts	
Serving Size 4 oz. (113g)	
Amount Per Serving	
<b>Calories</b>	128
	Calories from Fat 24
% Daily Value**	
<b>Total Fat</b> 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 57mg	19%
<b>Sodium</b> 56mg	2%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 26g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 4%
* Contains less than 2% of the daily value.	
** Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Tilapia.

Allergy Information: Contains fish (Tilapia)