



Tilapia Fillets



FOODSERVICE DISTRIBUTORS

Choose from three available sizes:

451967	1/10lb	3 - 5 oz. Tilapia Fillet
451971	1/10lb	5 - 7 oz. Tilapia Fillet
451974	1/10lb	7 - 9 oz. Tilapia Fillet



Every Admiral of the Fleet Skinless Boneless Tilapia Fillet has a mild, delicate flavor. Our fish are fed a nutritionally complete diet, containing only the finest vitamins and minerals, and are produced from the freshest harvest.

Admiral of the Fleet Skinless Boneless Tilapia Fillets are individually wrapped and flash frozen to lock in nutrition, texture and flavor that is expected from premium tilapia fillets. The individual vacuum-packed portions offer convenience in storage, and flash freezing allows a longer shelf life.

Tilapia can be baked, barbecued, broiled, grilled, sautéed, steamed, poached or fried with a variety of seasonings. It's also a popular choice for healthy entrées.



Nutritional Information

Serving size: 100 grams (3.5 oz.)

Calories	93
Calories from Fat	9
Total Fat	1 g
Saturated Fat	0.5 g
Cholesterol	55 mg
Sodium	37 g
Total Carbohydrate	0
Dietary Fiber	0
Protein	19.5 g
Calcium	6 mg
Iron	0.5 mg
Omega-3 fatty acids	90 mg
Potassium	363 mg