

Item # 86354

Tilapia, 3/5 ounce skinless fillets



Portion

100 gram

Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories	110	Calories from Fat	15
Total Fat	2g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	55mg		19%
Sodium	60mg		2%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	23g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	15
Total Fat	1.5g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	50mg		2%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	20g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

PC # 86354
ICYBAY FRESH TILAPIA
3-5 OZ FILLETS
SKINLESS BONELESS
INGREDIENTS: Tilapia
Pack 1/10 lbs.
Product of Columbia
Farm Raised
NET WT 10 LB (4.54 kg)
SG PO#
Pack Date:





Manufacturer Code #	UCC-12 (UPC) (Must Be 12 Digits with NO dashes and NO spaces)	EAN/UCC-14 (Must Be 14 Digits with NO dashes and NO spaces)	Species	Product Description	Pack/Size	Unit Weight	Gross Weight (lbs)	Net Weight (lbs)
86354	073129863542	00073129863542	Tilapia	Tilapia, 3/5oz Skinless Fillet	10	10	14	10
86358	073129863580	00073129863580	Tilapia	Tilapia, 5/7oz Skinless Fillet	10	10	14	10
86360	073129863603	00073129863603	Tilapia	Tilapia, 7/9oz Skinless Fillet	10	10	14	10

Manufacturer Code #	Case Cube	Configuration L x W x H	Configuration TI x HI Pallet	Total Case/Pallet	Farm/Fishery Certification	Allergens	Brand	Available
86354	0.692	18.125 x 11 x 6	8 x 7	56	BAP	Tilapia	ICYBAY	Ft. Lauderdale/Boston
86358	0.692	18.125 x 11 x 6	8 x 7	56	BAP	Tilapia	ICYBAY	Ft. Lauderdale/Boston
86360	0.692	18.125 x 11 x 6	8 x 7	56	BAP	Tilapia	ICYBAY	Ft. Lauderdale/Boston