

# Item # 86358


## Tilapia, 5/7 ounce skinless fillets



### Portion

### 100 gram

**PC # 86358**  
**ICYBAY FRESH TILAPIA**  
 5-7 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:


Nutrition Facts	
Serving Size 4 oz (113g) Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	Calories from Fat 15
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>19%</b>
<b>Sodium 60mg</b>	<b>2%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 23g</b>	
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	
<b>Calories 100</b>	Calories from Fat 15
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 20g</b>	
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	

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)
86358	073129863580	00073129863580	Tilapia	Tilapia, 5/7oz 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
86358	0.692	18.125 x 11 x 6	8 x 7	56	BAP	Tilapia	ICYBAY	Ft. Lauderdale/Boston