

Item # 86360


Tilapia, 7/9 ounce skinless fillets



Portion

100 gram

PC # 86360
ICYBAY FRESH TILAPIA
 7-9 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:





0073129863603

Nutrition Facts	
Serving Size 4 oz (113g) Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
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	
Calories 100	Calories from Fat 15
% Daily Value*	
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
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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)
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
86360	0.692	18.125 x 11 x 6	8 x 7	56	BAP	Tilapia	ICYBAY	Ft. Lauderdale/Boston