



**Ideal for FRESH or even Frozen Seafood Cases**

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded.

Reduces shrink and in-store labor costs.

FARM-RAISED WITH CARE, EASY TO PREPARE.  
SERVE AND GO WILD!

Our GO WILD™ Premium farm-raised Tilapia is low in calories with no carbohydrates. GO WILD™ fillets are packed with protein and pre-portioned for your convenience.

**Cooking Instructions:** Remove fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 3-5 minutes or until center is firm and opaque, or an internal temperature of 145° F is reached.

**Safe storage and handling:** Keep refrigerated until ready to prepare. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator overnight before use.

**INGREDIENTS:** Tilapia  
**CONTAINS:** Fish  
Product of Mexico/Honduras

Nutrition Facts	
2 servings per container	
<b>Serving Size</b>	<b>4 oz. (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g <b>0%</b>	
Total Sugars 0g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron less than 1mg	4%
Potassium 341mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HEALTHY  
PRE-PORTIONED  
CONVENIENCE  
2 SERVINGS

Premium farm-raised

## Tilapia

Net weight 8 oz. (227g)

<b>SPECIES</b>	Tilapia
<b>ORIGIN</b>	Mexico/Honduras
<b>UPC CODE</b>	8-8269495811-5
<b>CASE GTIN</b>	882694958115
<b>PACKED</b>	12 x 8 oz.
<b>CASE DIMENSIONS</b>	14.19" x 9.44" x 8.19"
<b>PALLET TI-HI</b>	13 x 10
<b>NET WGT.</b>	780 lbs.



www.marinerseafood.com

This GO WILD™ Tilapia was responsibly sourced from sustainable fisheries that follow best aquaculture practices.

www.gowildseafood.com

