

Simply Seasoned Lemon Pepper Tilapia

6 1/8"

Nutrition Facts

Serving Size 4 OZ (112g)
Servings Per Container Varied

Amount Per Serving

Calories 110 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 680mg **28%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 22g

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
Sat. 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

INGREDIENTS: TILAPIA, SEASONING (SALT, CORN SYRUP SOLIDS, BLACK PEPPER AND OTHER SPICES, CITRIC ACID, GRANULATED ONION, SUGAR, YELLOW #5, LEMON SEASONING [MODIFIED CORN STARCH, LEMON EXTRACTIVE, NATURAL FLAVORS]).

CONTAINS: TILAPIA

H-E-B® SIMPLY SEASONED™ TILAPIA FILLETS WITH LEMON PEPPER SEASONING • READY TO COOK

COOKING INSTRUCTIONS:

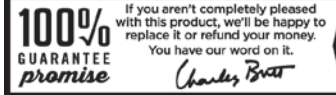
Stove Top:

1. Heat a large heavy or non-stick skillet over Medium High heat 2 minutes.
2. Add 2 tablespoons of olive oil to skillet.
3. Place a single layer of fillets in the skillet.
4. Cook 3 to 3 ½ minutes per side depending on thickness or until internal temperature reaches 145°F.
5. Remove and serve.

Oven:

1. Heat oven to 450°F
2. Spray a foil lined baking pan with non-stick cooking spray.
3. Place a single layer of fillets in the prepared baking pan.
4. Bake uncovered 8 to 9 minutes, depending on thickness, or until internal temperature reaches 145°F.
5. Remove and serve.

MADE WITH
PRIDE AND CARE
FOR H-E-B®,
SAN ANTONIO, TX 78204



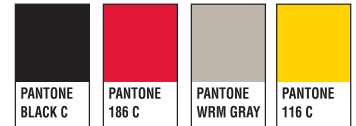
2 9/16"

PANTONE
Black C

Simply Seasoned Lemon Pepper Tilapia



4 5/8"



3"