

# Simply Seasoned Uncle Chris' 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 470mg** **20%**

**Total Carbohydrate 2g** **1%**

Dietary Fiber 0g **0%**

Sugars 0g

**Protein 22g**

Vitamin A 0% • Vitamin C 2%

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, SPICES, GRANULATED GARLIC AND ONION, SUGAR, BUTTER FLAVOR [CORN STARCH, MODIFIED TAPIOCA STARCH, DEXTROSE, GUM ARABIC, ARTIFICIAL FLAVOR], CHILI PEPPERS, DEHYDRATED GARLIC AND ONION, CITRIC ACID, NATURAL EXTRACTIVES OF LEMON).

**CONTAINS: TILAPIA**

## H-E-B® SIMPLY SEASONED™ TILAPIA FILLETS WITH UNCLE CHRIS' STYLE SEASONING • READY TO COOK

### COOKING INSTRUCTIONS:

#### Stove Top:

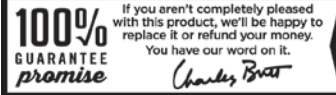
1. Heat a large heavy or non-stick skillet over Medium High heat 2 minutes.
2. Add 2 tablespoons of olive oil to skillet.
3. Place a single layer of fillets in the skillet.
4. Cook 3 to 3 ½ minutes per side depending on thickness or until internal temperature reaches 145°F.
5. Remove and serve.

#### 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.

2 9/16"

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

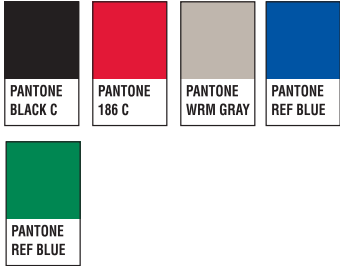


PANTONE  
Black C

# Simply Seasoned Uncle Chris' Tilapia



4 5/8"



3"