

# Simply Seasoned Roasted Garlic & Onion Tilapia

6 1/8"

## Nutrition Facts

Serving Size 4 oz (113g)  
Servings Per Container Varied

### Amount Per Serving

**Calories 110** Calories from Fat 15

% Daily Value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 17g	
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, SALT, DEHYDRATED ROASTED GARLIC, SUGAR, DEHYDRATED ONION, SPICE, NATURAL BUTTER FLAVOR (MALTODEXTRIN, BUTTER FLAVOR [CONTAINS MILK], ANNATTO EXTRACT, TURMERIC), DEHYDRATED PARSLEY, TOASTED ONION AND GARLIC FLAVORS (CONTAINS SUNFLOWER OIL).

**CONTAINS: TILAPIA, MILK**

## H-E-B® SIMPLY SEASONED™ TILAPIA FILLETS WITH ROASTED GARLIC & ONION SEASONING • READY TO COOK

### COOKING INSTRUCTIONS:

#### Stove Top:

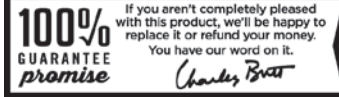
1. Heat a large heavy or non-stick skillet over Medium High heat 2 minutes.
2. Add 2 tablespoons of olive oil to skillet.
3. Place a single layer of fillets in the skillet.
4. Cook 3 to 3 ½ minutes per side depending on thickness or until internal temperature reaches 145°F.
5. Remove and serve.

#### 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"

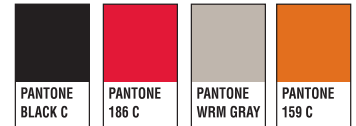
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PRIDE AND CARE  
FOR H-E-B®,  
SAN ANTONIO, TX 78204**



# Simply Seasoned Roasted Garlic & Onion Tilapia



4 5/8"



3"