



NEW ELECTRONIC ARTWORK PROOF

HEB - ROASTED GARLIC AND ONION TILAPIA NUTRITION / TAMPA BAY FISHERIES

AR: 565
10/01/2014



Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container May Vary

Amount Per Serving		Calories from Fat 15
Calories	110	
% Daily Values*		
Total Fat	2g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	590mg	25%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	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.

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

H-E-B® SIMPLY SEASONED™ TILAPIA FILLETS

WITH ROASTED GARLIC & ONION SEASONING • READY TO COOK

COOKING INSTRUCTIONS

🔥 Stove Top:
Heat a large heavy or non-stick skillet over Medium High Heat for 2 minutes. Add 2 tablespoons of olive oil to skillet. Place a single layer of fillets in the skillet. Cook 3 to 3½ minutes per side, depending on thickness, or until internal temperature reaches 145°F. Remove and serve.

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

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

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

100% GUARANTEE
promise

If you aren't completely pleased with this product, we'll be happy to replace it or refund your money. You have our word on it.

Charlie Butt

COMMENTS

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 DESIGN: HEB - ROASTED GARLIC AND ONION TILAPIA NUTRITION
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