

# 636051 - 1/10 LB UpperCrust Coconut Crusted Tilapia with Mango...



**HIGH LINER**  
FOODSERVICE™

Fishery Product UpperCrust® Coconut Tilapia Fillets add a touch of mango and papaya to this premium UpperCrust® Coconut breading. Each oven-ready fillet cooks from frozen in minutes, combining the mildly sweet flakiness of Tilapia with a tropical-inspired crunchy crust. These UpperCrust® fillets represent the gold standard in handmade appearance and authentic ingredients that y...



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
1089521	636051	10035493895212	1 x 10#

Brand	Brand Owner	GPC Description
FPI	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11.508 LBR	10 LBR	No	Canada	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	540 Days	-10 FAH / 0 FAH

## Nutrition Facts

27 Servings per container

**Serving Size 4 oz (112g / About 2/3 Piece)**

Amount Per Serving

**Calories 200**

% Daily Value\*

**Total Fat 8 g 11%**

Saturated Fat 2 g 10%

Trans Fat 0 g

**Cholesterol 45 mg 15%**

**Sodium 170 mg 7%**

**Total Carbohydrates 11 g 4%**

Dietary Fiber 1 g 2%

Total Sugars 2 g

Includes 1 g Added Sugars 3%

**Protein 19 g**

Vitamin D 2.8 mcg 15%

Calcium 0 mg 0%

Iron 0.8 mg 4%

Potassium 290 mg 6%

\* The % Daily Values (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.

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - C
- Fish - C
- Shellfish - NI

## HANDLING SUGGESTIONS



Keep Frozen

## SERVING SUGGESTIONS



Ideal as center of the plate star, as a uniquely crunchy fish sandwich, or portioned to elevate dinner salads. Pairs well with a variety of sides and signature sauces.

## PREPARATION & COOKING SUGGESTIONS



**COOKING INSTRUCTIONS:** For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare – Do not refreeze  
**BAKE:** Place Frozen Crusted Fillets on a lightly oiled sheet pan. **CONVECTION OVEN:** Preheat Oven to 325°F and bake for 14-17 minutes. **CONVENTIONAL OVEN:** Preheat Oven to 375°F and bake for 28-30 minutes. **NOTE:** COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. **WARNING:** While every effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

## INGREDIENTS



TILAPIA, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHEAT FLOUR, COCONUT, WATER, FLAVORED BITS [CORN SYRUP, CORN FLOUR, CORN CEREAL, PALM OIL, NATURAL FLAVOR, FRUIT JUICE (FOR COLOR), VEGETABLE JUICE (FOR COLOR), TURMERIC (FOR COLOR), PAPRIKA (FOR COLOR), CITRIC ACID], DEHYDRATED MANGO [MANGO, SUGAR, CITRIC ACID, SULFUR DIOXIDE (ADDED FOR COLOR RETENTION AND PRESERVATIVE)], DEHYDRATED PINEAPPLE [PINEAPPLE, SUGAR, CITRIC ACID, SULFUR DIOXIDE (ADDED FOR COLOR RETENTION AND AS A PRESERVATIVE)], ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, WHITE CORN FLOUR, CILANTRO, SALT, SUGAR, NATURAL AND ARTIFICIAL FLAVORS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SOY FLOUR, DEXTROSE, AUTOLYZED YEAST EXTRACT, MANGO PUREE, TORULA YEAST, ONION POWDER, YEAST, GARLIC POWDER, SPICES, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID. CONTAINS: FISH (TILAPIA), WHEAT, SOY, TREE NUTS (COCONUT)

## MORE INFORMATION



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## NUTRITIONAL ANALYSIS



Calories	200
Protein	19 g
Total Carbohydrates	11 g
Sugars	2 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	2.8 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	170 mg
Calcium	0 mg
Iron	0.8 mg
Potassium	290 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



## MORE IMAGES

