

High Liner Foodservice Signature, 4.54 kg / 10 lb, UPPER CRUST Coconut Crusted Tilapia

High Liner Foodservice Signature UpperCrust® Coconut Crusted Tilapia Fillets are natural cuts of Tilapia, top crusted with a delicious blend of coconut and just the right touch of mango and papaya. Each oven-ready fillet cooks from frozen in minutes, combining the Tilapia's mildly sweet, medium-firm texture with a truly tropical-inspired crunchy crust. Simply bake and serve for a mouth-watering centre-of- the-plate presentation in no time. UpperCrust® represents the gold standard in handmade appearance and authentic ingredients your patrons will want again and again.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (166 g)

Amount Per Serving

Calories **230**

	% Daily Value*
Total Fat 7 g	**9%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 65 mg	**%**
Sodium 340 mg	**15%**
Total Carbohydrates 15 g	**%**
Dietary Fiber 1 g	**4%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 28 g	

Vitamin D	%
Calcium 40 mg	3%
Iron 1.5 mg	8%
Potassium 450 mg	13%

* 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.

Product Specifications :

Code	GTIN	Type Of Catch
12300219	10061763002196	

Brand	GPC Description
High Liner Signature	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.83 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	547 Days	

Ingredients :

Tilapia, Toasted wheat crumbs, Dried fruit (coconut, mango, papaya, pineapple), Water, Canola oil, Flour (wheat, corn, soy), Modified corn starch, Sugars (sugar, dextrose), Flavour, Seasonings (cilantro, yeast extract, citric acid, torula yeast, onion, garlic, spices), Corn cereal, Salt, Baking soda, Sodium aluminum phosphate (leavening acid), Sulphiting agents. Contains: Tilapia (fish), Wheat, Soy.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

COOK FROM FROZEN Place fillets on a lightly greased shallow baking pan. Cook until a minimum internal temperature of 158°F (70°C) is reached. FORCED AIR CONVECTION OVEN: Bake in preheated 325°F (160°C) oven for 14-17 min. CONVENTIONAL OVEN: Bake in preheated 375°F (190°C) oven for 28-30 min.

Species / Scientific Name:

Serving Suggestions:

These UpperCrust® Coconut Tilapia Fillets allow for creating a wide variety of Caribbean-inspired dishes with the complementary sides of your choice.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:





