

636083 - 1/10 LB UpperCrust® Parmesan Tilapia Fillets 5-6 oz

Fishery Product UpperCrust® Parmesan Tilapia Fillets infuse the breading with parmesan and Romano cheeses for a delicious touch of Italy in every bite. Each oven-ready fillet cooks from frozen to flavor-packed crunchy, mildly sweet flaky fish perfection. These irresistible fillets represent the gold standard in handmade appearance and authentic ingredients no menu should be wit...



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
1089591	636083	10035493895915	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
11.0 LBR	10.0 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

40 Servings per container

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

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 9 g 12%

Saturated Fat 2 g 10%

Trans Fat 0 g

Cholesterol 50 mg 17%

Sodium 530 mg 23%

Total Carbohydrates 8 g 3%

Dietary Fiber 0 g 0%

Total Sugars 1 g

Includes 1 g Added Sugars 3%

Protein 21 g

Vitamin D 2.8 mcg 15%

Calcium 70 mg 6%

Iron 0.8 mg 4%

Potassium 310 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 - C
- Eggs - N
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

HANDLING SUGGESTIONS



Keep Frozen

MORE INFORMATION



SERVING SUGGESTIONS



Ideal for Italian-inspired entrées, platters and sandwiches. Pairs well with your favorite complimentary sauces and sides.

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS: COOKING INSTRUCTIONS FROM FROZEN: For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare – Do not refreeze
TO BAKE: Place Frozen Crusted Fillets on a Lightly Oiled Sheet Pan. **CONVECTION OVEN:** Preheat Oven to 375°F and bake for 12-14 minutes. **CONVENTIONAL OVEN:** Preheat Oven to 400°F and bake for 18-20 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, PARMESAN CHEESE [(PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING)], VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUGAR, SALT, GARLIC POWDER, MALTODEXTRIN, ONION POWDER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, WHITE CORN FLOUR, SPICES, DISODIUM GUANYLATE, DISODIUM INOSINATE, WATER, SOY SAUCE POWDER [SOY SAUCE (FERMENTED SOYBEANS AND WHEAT, SALT), MALTODEXTRIN], OLIVE OIL, WHEY, VINEGAR, CITRIC ACID, TOMATO POWDER, MODIFIED BUTTER OIL AND DEHYDRATED BUTTER, AUTOLYZED YEAST EXTRACT, NATURAL FLAVORS, TORULA YEAST, ENZYME MODIFIED PARMESAN CHEESE [PARMESAN CHEESE (MILK, STARTER CULTURE, SALT, ENZYMES), CREAM, NATURAL FLAVOR], ROMANO CHEESE (COW'S MILK, STARTER CULTURE, SALT, ENZYMES), DEXTROSE, GUAR GUM, MALTED BARLEY FLOUR, YEAST, LEAVENING (SODIUM BICARBONATE), SEA SALT, EXTRACTIVES OF ANNATTO AND TURMERIC (COLOR). CONTAINS: FISH (TILAPIA), WHEAT, SOY, MILK

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NUTRITIONAL ANALYSIS



Calories	200
Protein	21 g
Total Carbohydrates	8 g
Sugars	1 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	9 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	50 mg
Vitamin D	2.8 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	530 mg
Calcium	70 mg
Iron	0.8 mg
Potassium	310 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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