

FPI

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	2/5 LB

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	TlxHl	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

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

SERVING SUGGESTIONS

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

HANDLING SUGGESTIONS

Keep Frozen

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.

MORE INFORMATION

Nutrition Facts

40 Servings per container  
Serving Size 112g / About 2/3 Piece

Amount Per Serving  
Calories200

	% 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.

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	Total Fat	9 g	Sodium	530 mg
Protein	21 g	Trans Fat	0 g	Calcium	70 mg
Total Carbohydrates	8 g	Saturated Fat	2 g	Iron	0.8 mg
Sugars	1 g	Added Sugars	1 g	Potassium	310 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	50 mg	Thiamin	
Vitamin A (IU)		Vitamin D	2.8 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS



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