

636083 - 10 Lb (4.54 kg) UpperCrust® Parmesan Tilapia Fillets 5...

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



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.

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	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors		
TRACEABILITY_REGULATION		FSMA204	TRUE		N/A		

HANDLING SUGGESTIONS



Keep Frozen

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 - N
- Soybean - C
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

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

FPI

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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.

SERVING SUGGESTIONS

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

MORE INFORMATION

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		
Vitamin A (IU)		Vitamin D	2.8 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

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