

10 Lb (4.54 kg) UpperCrust Coconut Crusted Tilapia with Mango & Papaya, Natural Cut Fillets

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 your guests will want again and again.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

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.

Product Specifications :

Code	GTIN	Type Of Catch
1089521	10035493895212	FARM RAISED

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.508 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	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

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 PAPAYA [PAPAYA, 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)

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

Eggs - INII	Milk - INII	Soy - C
Fish - C	Wheat - C	TreeNuts - C
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & 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.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

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.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:







