



## High Liner Foodservice Signature, 4.54 kg / 10 lb, Multigrain Breaded Tilapia Fillets

High Liner Foodservice Signature Multigrain Breaded Tilapia Fillets take this species up a notch. They feature a specially seasoned multigrain crumb coating that deliciously complements the mild, sweet flavour of this quality, farm-raised Tilapia with a light, crunchy bite. These fillets are incredibly simple to prepare, easily bake to golden crispy perfection, and are Cold Plate/Retherm compatible. The excellent plate coverage and presentation of this Tilapia make it a superb option for a vast range of applications.

Product Last Saved Date: 17 February 2025



**HIGH LINER**  
FOODSERVICE™

### Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (116 g)**

Amount Per Serving

**Calories 240**

% Daily Value\*

**Total Fat** 11 g **15%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 35 mg **%**

**Sodium** 530 mg **23%**

**Total Carbohydrates** 19 g **%**

Dietary Fiber 2 g **7%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 17 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 1.25 mg **7%**

Potassium 250 mg **5%**

\* 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
1456	10061763014564	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.856 KGM			Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.014 MTQ	13x11	540 Days	-25 CEL / -18 CEL

### Ingredients :

Tilapia, Toasted wheat crumbs, Canola oil, Water, Flour (corn, wheat, whole wheat, rice), Rolled oats, Modified starch (wheat, corn), Salt, Seasonings (soy sauce powder, citric acid, yeast extract, spices), Sugars (maltodextrin, dextrose), Baking powder, Flavour (lime, lemon), Dried vinegar, Guar flour, Caramel. Contains: Tilapia (fish), Wheat, Oats, Soy.

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FORCED AIR CONVECTION OVEN: Place a single layer of frozen fillets on a shallow baking pan in preheated 400°F (200°C) oven for about 14 min or until done. Let stand for 2 min before serving. OVEN: Place a single layer of frozen fillets on a shallow baking pan in preheated 425°F (220°C) oven for about 10 min. Turn fillets and bake for another 9 min or until done. NOTE: Cook until a minimum internal temperature of 158°F (70°C) is reached. COLD PLATE/MEAL DELIVERY SYSTEM COMPATIBLE.

### Serving Suggestions:

This versatile Tilapia's richly-flavoured, multigrain breading is delicious with a variety of lighter sides, such as seasoned rice and steamed veggies.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified:  
Has CN Statement: No  
CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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Page 1 of 1

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