

10 Lb (4.54 kg) Tortilla Crunch Tilapia Fillets 5 - 6 oz

High Liner Foodservice Tortilla Crunch Tilapia Fillets feature a tortilla chip breading seasoned with chipotle and cilantro that delivers a burst Southwestern flavor. These oven-ready fillets easily cook from frozen to the perfect combination of crispy crunch and mildly sweet flakiness unique to Tilapia. Each comes individually quick frozen, making it easy to prepare this uniquely delicious dish in no time.

Product Last Saved Date: 09 January 2026



Nutrition Facts

40 Servings per container

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

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 8 g **10%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 30 mg **10%**

Sodium 580 mg **25%**

Total Carbohydrates 23 g **8%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes 1 g Added Sugars **2%**

Protein 15 g

Vitamin D 2 mcg **10%**

Calcium 25 mg **2%**

Iron 2 mg **10%**

Potassium 243 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
14644	00074638146447	FARM RAISED

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.913 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.394 INH	9.697 INH	0.651 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

TILAPIA, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, TORTILLA CHIPS [GROUND YELLOW CORN, VEGETABLE OIL (CANOLA OIL, CORN OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL)], MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, CORN SYRUP, CORN CEREAL, CILANTRO, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN FLOUR, WHITE CORN FLOUR, WHEY, YELLOW CORN FLOUR, SPICES, PALM OIL, CHIPOTLE PEPPER, NATURAL AND ARTIFICIAL FLAVORS, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), VINEGAR, ONION POWDER, MALTED BARLEY FLOUR, CHILI POWDER (CHILI PEPPER, CUMIN, OREGANO, SALT, DEHYDRATED GARLIC), YEAST, DEXTROSE, AUTOLYZED YEAST EXTRACT, SOY FLOUR, GARLIC POWDER, TORULA YEAST, SEA SALT, CARAMEL COLOR, RED 40, YELLOW 5, YELLOW 6, BLUE 1, JALAPEÑO POWDER, FRUIT JUICE CONCENTRATE (COLOR), TURMERIC (COLOR). CONTAINS: TILAPIA (FISH), WHEAT, SOY, MILK

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Separate and place portions in shallow pan. Bake for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Separate and place portions in shallow pan. Bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

Serving Suggestions:

Ideal for entrées, sandwiches, dinner salads, and more. Pairs well with a variety of traditional sauces or your own complementary sauce recipes.

Claims & Child Nutrition:

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

