

# 1/10 Lb 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: 20 November 2024



## Nutrition Facts

40 Servings per container

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

Amount Per Serving

**Calories 230**

% Daily Value\*

**Total Fat 8 g 10%**

Saturated Fat 1.5 g 8%

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
10.723 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
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

### 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, YEAST, MALTED BARLEY FLOUR, CHILI POWDER (CHILI PEPPER, CUMIN, OREGANO, SALT, DEHYDRATED GARLIC), 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'):

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

### 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 155°F MINIMUM.

### Serving Suggestions:

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

### Species / Scientific Name:

Tilapia - Oreochromis niloticus, Oreochromis mossambicus

### Claims & Child Nutrition:

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



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