

High Liner Foodservice Signature, 4.54 kg / 10 lb, Upper Crust Parmesan Crusted Tilapia with Tuscan Herbs, approx 142 - 170 g / 5 - 6 oz

High Liner Foodservice Signature UpperCrust® Upper Crust Parmesan Crusted Tilapia are natural cuts of Tilapia, top crusted with Parmesan cheese and Tuscan herbs for a touch of Italy in every bite. Each oven-ready fillet consistently cooks from frozen to flavor-packed crunchy, mildly sweet flaky fish perfection. Simply bake and serve to create a mouth-watering centre of the plate presentation in no time. These UpperCrust® fillets represent the gold standard in handmade appearance and authentic ingredients no menu should be without.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (167 g)

Amount Per Serving

Calories **270**

	% Daily Value*
Total Fat 13 g	**17%**
Saturated Fat 2.5 g	**13%**
Trans Fat 0.1 g	
Cholesterol 75 mg	**%**
Sodium 570 mg	**25%**
Total Carbohydrates 10 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 30 g	

Vitamin D	%
Calcium 100 mg	8%
Iron 1.25 mg	7%
Potassium 450 mg	10%

* 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
8413	10061763084130	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.141 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
39.794 CMT	26.494 CMT	16.088 CMT	0.017 MTQ	10x11	540 Days	

Ingredients :

Tilapia, Cheese (parmesan, romano), Vegetable oil (canola, olive), Toasted wheat crumbs, Water, Sugars (sugar, corn maltodextrin, dextrose), Seasonings (garlic, onion, spices, herbs, disodium inosinate, disodium guanylate, citric acid, tomato powder, soy sauce powder, yeast extract, torula yeast), Modified corn starch, Salt, Flour (corn, wheat), Flavour (oregano, thyme, butter, basil), Modified milk ingredients, Guar flour, Annatto, Turmeric. Contains: Tilapia (fish), Milk, Wheat, Barley, Soy.

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

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 SINGLE LAYER OF FROZEN FILLETS ON A SHALLOW BAKING PAN IN PREHEATED 375°F / 190°C OVEN FOR ABOUT 13 MINUTES OR UNTIL DONE. CONVENTIONAL OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON A SHALLOW BAKING PAN IN PREHEATED 400°F/200°C OVEN FOR ABOUT 19 MINUTES OR UNTIL DONE. NOTE : COOK TO AN INTERNAL TEMPERATURE OF 165°F / 74°C.

Species / Scientific Name:

Serving Suggestions:

These UpperCrust® Parmesan Tilapia Fillets are excellent served with a medley of grilled fresh veggies tossed with orzo pasta. Add a dollop of chunky tomato sauce and garnish with fresh basil.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:





