



## High Liner Foodservice Signature, 4.54 kg / 10 lb, UPPER CRUST Tortilla Crusted Tilapia

High Liner Signature UpperCrust™ Tortilla Tilapia Fillets are natural cuts of Tilapia, top crusted with a zesty chipotle and lime tortilla chip crumb for the ultimate south-of-the-border crunch. Each oven-ready fillet easily cooks to the perfect combination of flavour-packed crunchy crust and mildly sweet, flaky fish. Simply bake and serve for a mouth-watering centre of the plate presentation in minutes. UpperCrust™ fillets represent our gold standard in handmade appearance and authentic ingredients your patrons will certainly crave.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (166 g)**

**Amount Per Serving**

**Calories** **230**

% Daily Value\*

**Total Fat** 6 g **8%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 65 mg **%**

**Sodium** 590 mg **26%**

**Total Carbohydrates** 17 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

**Protein** 28 g

Vitamin D **%**

Calcium 30 mg **2%**

Iron 1.5 mg **8%**

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
12300220	10061763002202	

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	547 Days	

### Ingredients :

Tilapia, Flour (wheat, corn, soy), Toasted wheat crumbs, Water, Tortilla chips (ground corn, vegetable oil), Corn starch, Vegetable oil (canola, soya), Seasonings (cilantro, spices, chipotle pepper, onion, yeast extract, garlic, torula yeast, jalapeño), Salt, Sugars (corn syrup, sugar, dextrose), Corn cereal, Corn grits, Modified milk ingredients, Palm oil, Modified corn starch, Natural & artificial flavour, Natural lime flavour, Baking powder, Caramel, Allura red, Tartrazine, Sunset yellow FCF, Brilliant blue FCF. Contains: Tilapia (fish), Wheat, Barley, Soy, Milk.

### 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:

COOK FROM FROZEN Place frozen crusted fillets on a lightly greased shallow baking sheet. Cook until a minimum internal temperature of 158°F (70°C) is reached. **FORCED AIR CONVECTION OVEN:** Preheat oven to 325°F (160°C) and bake for 14-17 min. **CONVENTIONAL OVEN:** Preheat oven to 375°F (190°C) and bake for 28-30 min.

### Serving Suggestions:

To complement the south-of-the-border flavours of this UpperCrust® Tortilla Tilapia serve them on a bed of seasoned black bean and cilantro rice.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

