

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: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (166 g)

Amount Per Serving

Calories **230**

	% Daily Value*
Total Fat 7 g	**9%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 65 mg	**%**
Sodium 340 mg	**15%**
Total Carbohydrates 15 g	**%**
Dietary Fiber 1 g	**4%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 28 g	
Vitamin D	%
Calcium 40 mg	3%
Iron 1.5 mg	8%
Potassium 450 mg	13%

* 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	

Shipping Information

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

Ingredients :

Tilapia, Tortilla chips (ground corn, vegetable oil), Water, Toasted wheat crumbs, Flour (wheat, corn, soy), Vegetable oil (canola, soya), Seasonings (cilantro, spices, jalapeño and chipotle peppers, parsley, onion, yeast extract, garlic, torula yeast), Corn starch, Flavour, Salt, Corn cereal, Modified milk ingredients, Modified corn starch, Sugars (sugar, dextrose), Baking powder, Paprika, Citric acid (acidulant), Turmeric. Contains: Tilapia (fish), Wheat, Soy, Milk.

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:

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.

Species / Scientific Name:

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.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:





