636065 - 1/10 LB UpperCrust Tortilla Crusted Tilapia With Chip...

Fishery Product UpperCrust® Tortilla Tilapia Fillets add tortilla chips for an even crunchier UpperCrust® breading. Each oven-ready fillet cooks from frozen in minutes to the perfect combination of flavor-packed crunchy crust and mildly sweet flakiness unique to this species. These irresistible UpperCrust® fillets represent the gold standard in handmade appearance and authentic...



MARKETING

Nutrition Facts

20 Servings per container

Serving Size 4 oz (112g / About 2/3 piece)

Amount Per Serving Calories

Sodium 520 mg

22%

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 45 mg	15%

Total Carbohydrates 11 g	4%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

Protein 19 g	
Vitamin D 2.8 mcg	15%
Calcium 0 mg	0%
Iron 1 mg	6%

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	Dist Prod Code GTIN		Calculated Pack	
1089526	636065	10035493895267	1 x 10#	

Brand	Brand Owner	GPC Description
FPI	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	US, CA	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

HANDLING SUGGESTIONS

Keep Frozen



SERVING SUGGESTIONS



Ideal for entrées, as a super crunchy fish sandwich, or as a south of the border style dish. Pairs well with a variety of sides and signature sauces.

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS: For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare - Do not refreeze BAKE: Place Frozen Crusted Fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat Oven to 325°F and bake for 14-17 minutes. CONVENTIONAL OVEN: Preheat Oven to 375°F and bake for 28-30 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. WARNING: While every effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

INGREDIENTS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; SO = 'Free From Not Tested'; SO = 'Derived from Ingredients'; SO = 'Not Derived From Ingredients'; NI = 'No Info







ALLERGENS





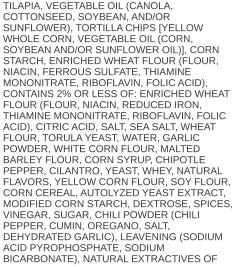












MORE INFORMATION



LIME, ONION POWDER, PALM OIL, JALAPENO PEPPERS, TURMERIC (COLOR), FRUIT AND VEGETABLE JUICE (FOR COLOR), PAPRIKA (FOR COLOR). CONTAINS: FISH (TILAPIA), WHEAT, SOY, MILK

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NUTRITIONAL ANALYSIS



Calories	190
Protein	19 g
Total Carbohydrates	11 g
Sugars	1 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	2.8 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	520 mg
Calcium	0 mg
Iron	1 mg
Potassium	290 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

(!)

MORE IMAGES







