

FPI

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

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
1089526	636065	10035493895267	1/10LB

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	Canada	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	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

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - C
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N

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.

HANDLING SUGGESTIONS

Keep Frozen

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.

MORE INFORMATION

Nutrition Facts

20 Servings per container
Serving Size 112g / About 2/3 piece

Amount Per Serving
Calories190

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 520 mg	22%
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%
Potassium 290 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.

INGREDIENTS

TILAPIA, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), TORTILLA CHIPS [YELLOW WHOLE CORN, VEGETABLE OIL (CORN, SOYBEAN AND/OR SUNFLOWER OIL)], CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CITRIC ACID, SALT, SEA SALT, WHEAT FLOUR, TORULA YEAST, WATER, GARLIC POWDER, WHITE CORN FLOUR, MALTED BARLEY FLOUR, CORN SYRUP, CHIPOTLE PEPPER, CILANTRO, YEAST, WHEY, NATURAL FLAVORS, YELLOW CORN FLOUR, SOY FLOUR, CORN CEREAL, AUTOLYZED YEAST EXTRACT, MODIFIED CORN STARCH, DEXTROSE, SPICES, VINEGAR, SUGAR, CHILI POWDER (CHILI PEPPER, CUMIN, OREGANO, SALT, DEHYDRATED GARLIC), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), NATURAL EXTRACTIVES OF 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



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