



High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Sole Fillets, approx 85 g / 3 oz

IQF Sole Fillets are a premium example of this delicious species. The mild, sweet flavor and firm texture of this wild caught Sole makes it ideal for amplifying a wide variety of your signature recipes. Each cooks easily to desired perfection with the consistency, coverage and plate appeal you need, and no unnecessary waste. Portion controlled.

Product Last Saved Date: 04 June 2025



Nutrition Facts

| | |
|--|------------------|
| Servings per container | |
| Serving Size | Per 100 g |
| Amount Per Serving | |
| Calories | 60 |
| % Daily Value* | |
| Total Fat 2 g | 3% |
| Saturated Fat 0.4 g | 2% |
| Trans Fat 0 g | |
| Cholesterol 40 mg | % |
| Sodium 340 mg | 15% |
| Total Carbohydrates 0 g | % |
| Dietary Fiber 0 g | 0% |
| Total Sugars 0 g | |
| Includes Added Sugars | % |
| Protein 12 g | |
| | |
| Vitamin D | % |
| Calcium 20 mg | 2% |
| Iron 0.2 mg | 1% |
| Potassium 150 mg | 3% |
| | |
| * 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 |
|------|----------------|---------------|
| 5266 | 10061763052665 | |

| Brand | GPC Description |
|------------------------|--|
| High Liner Foodservice | Fish - Unprepared/Unprocessed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 5.22 KGM | | | Undeclared | No |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
|----------|----------|--------|------------|-------|------------|----------------------|
| 37.2 CMT | 25.4 CMT | 15 CMT | 0.0142 MTQ | 11x12 | 540 Days | |

Ingredients :

Sole, Water, Sodium phosphate (to retain moisture). Contains: Sole (fish).

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 until a minimum internal temperature of 158°F/70°C is reached.

Species / Scientific Name:

Serving Suggestions:

It is traditionally served pan-fried or stuffed, but you have many options with this classic. Bake en papillote on a bed of fresh julienne vegetables herbs lemon juice and olive oil for an elegant and fragrant presentation

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

