

## 10 Lb (4.54 kg) Lemon Pepper Sole Fillets

Fishery Product Pan-Sear Lemon Pepper Sole Fillets take flavors that were meant to be to another level. These premium wild caught fillets are lightly coated in a special lemon pepper seasoned breading. Each can be baked, deep-fried, pan-sautéed, or flat-grilled from frozen to delicately crispy perfection in minutes. This delicious menu option is part of the Pan-Sear Selects® line featuring from-scratch quality without the from-scratch labor.

Product Last Saved Date: 20 October 2025



# **Nutrition Facts**

32 Servings per container

**Serving Size** 

1 Fillet (140 g)

**Amount Per Serving** 

Calories	190
	% Daily Value*
Total Fat 9 g	12%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 50 mg	16%
Sodium 330 mg	14%
Total Carbohydrates 12 g	4%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 1 g Added Sugars	0%
Protein 14 g	
Vitamin D 3.1 mcg	15%
Calcium 30 mg	2%
Iron 0.6 mg	4%
Potassium 200 mg	4%

Product Specifications :				
Code	GTIN	Type Of Catch		
1059330	10035493593309	WILD		

Brand	GPC Description		
FPI	Fish - Prepared/Processed (Frozen)		

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
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

#### Ingredients:

SOLE, WATER, RICE FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SUGAR, SPICES, SALT, MALTODEXTRIN, DEHYDRATED ONION, LEMON PEEL, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), DEHYDRATED GARLIC, NATURAL FLAVORS, CITRIC ACID, SOY LECITHIN. CONTAINS: FISH (SOLE), SOY

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - C		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

#### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO PAN SAUTÉ/FLAT GRILL: Preheat flat grill to 325°F (Medium High Heat) and cook for 9 - 10 minutes, turning over halfway through cooking. TO DEEP FRY: Preheat fryer to 350°F and fry for 3 - 4 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan, CONVECTION OVEN; Preheat oven to 375°F and bake for 9 - 11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16 - 18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM

#### Serving Suggestions:

Ideal as a center of the plate entrée, as a sandwich, or portioned atop a fresh salad. Pairs well with a variety of sides and your signature sauces.

#### Species / Scientific Name:

Sole - Hippoglossoides elassodon, Lepidopsetta bilineata, Limanda aspera

### **Claims & Child Nutrition:**

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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