

1/10 LB 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: 29 January 2025



HIGH LINER
FOODSERVICE™

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%

* 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
1059330	10035493593309	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	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 - N	Milk - N	Soy - C
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

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:

