

# 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%

\* 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 LBR	N/A	Undeclared	

### 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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - C
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### 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:

