



## High Liner Foodservice Signature, 4.54 kg / 10 lb, Oven Ready Breaded Sole Fillets, approx. 116 g / 4 oz

High Liner Foodservice Signature Oven Ready Breaded Sole Fillets are specially coated with a light signature seasoned breading. This perfectly preserves the mild flavour and delicate texture of this wild caught Sole, with just the right amount of complementary crispness. Completely oven-ready, these simple-to-prepare fillets easily bake to lightly golden perfection in minutes. A highly versatile menu choice that offers superb plate coverage every time.

Product Last Saved Date: 10 February 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (116 g)**

Amount Per Serving

**Calories 240**

% Daily Value\*

**Total Fat** 12 g **16%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 25 mg **%**

**Sodium** 580 mg **25%**

**Total Carbohydrates** 24 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

**Protein** 10 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 1.25 mg **10%**

Potassium 125 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
1036457	00059111364570	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Prepared/Processed (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
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	-25 CEL / -18 CEL

### Ingredients :

Sole, Water, Flour (wheat, corn, soy), Toasted wheat crumbs, Vegetable oil (canola / sunflower), Modified corn starch, Salt, Sugars (dextrose), Baking powder, Milk ingredients, Sodium phosphate (to retain moisture), Paprika, Xanthan gum, Spices, Guar flour. Contains: Sole (fish), Wheat, Soy, Milk.

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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. OVEN: PLACE A SINGLE LAYER OF FROZEN FISH FILLETS ON A GREASED BAKING PAN IN A PREHEATED 425°F (220°C) OVEN FOR ABOUT 16-17 MIN. TURN ONCE DURING COOKING. FORCED AIR CONVECTION OVEN: PLACE A SINGLE LAYER OF FROZEN FISH FILLETS ON A GREASED BAKING PAN IN PREHEATED 400°F (200°C) OVEN FOR ABOUT 14-15 MIN. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F (70°C) IS REACHED.

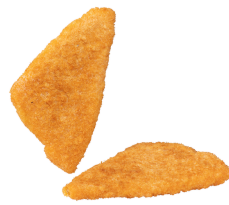
### Serving Suggestions:

These Breaded Sole Fillets are deliciously easy to prepare. Try them with hand-cut fries or a jacket potato and any combination of fresh veggies. Serve with a slice of fresh lemon.

### Species / Scientific Name:

### Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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