



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: 04 June 2025



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	

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:

