

High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Sole Fillets, approx 227 g / 8 oz

IQF Sole Fillets are a premium example of this delicious species. The mild, sweet flavor and firm texture of this wild caught Sole makes it ideal for amplifying a wide variety of your signature recipes. Each cooks easily to desired perfection with the consistency, coverage and plate appeal you need, and no unnecessary waste. Portion controlled. Whole Sole fillets Individually Quick Frozen (IQF) for convenience. Sole is a mild flavoured fish with delicate texture. It is traditionally served pan-fried or stuffed, but you have many options with this classic.

Product Last Saved Date: 04 June 2025



Nutrition Facts	
Servings per container	
Serving Size	Per 100 g
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0.4 g	2%
Trans Fat 0 g	
Cholesterol 40 mg	%
Sodium 340 mg	15%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 12 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.2 mg	1%
Potassium 150 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		
5280		10061763052801				
Brand			GPC Description			
High Liner Foodservice			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
37.2 CMT	25.4 CMT	15 CMT	0.0142 MTQ	11x12	540 Days	
Ingredients :						
Sole, Water, Sodium phosphate (to retain moisture). Contains: Sole (fish).						

Prep & Cooking Suggestions:	Species / Scientific Name:
Cook until a minimum internal temperature of 158°F/70°C is reached.	

Serving Suggestions:	Claims & Child Nutrition:
It is traditionally served pan-fried or stuffed, but you have many options with this classic. Bake en papillote on a bed of fresh juilenne vegetables herbs lemon juice and olive oil for an elegant and fragrant presentation	BAP Certified: MSC Certified: Has CN Statement: No CN Statement:

