



## High Liner Foodservice Signature, 4.54 kg / 10 lb, Breaded Sole Fillets, approx 113 g / 4 oz

High Liner Foodservice Signature Breaded Sole Fillets feature a specially seasoned, light crumb breading for a pleasingly delicate crunchy bite. This breading preserves and enhances the mild-tasting, flaky texture unique to this wild caught species, and complements most flavour profiles. Each fillet is individually quick frozen for freshness and preparation ease, and easily bakes or deep-fries from frozen to perfection with superb plate coverage every time.

Product Last Saved Date: 04 June 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (113 g)**

Amount Per Serving

**Calories 240**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 30 mg **%**

**Sodium** 440 mg **19%**

**Total Carbohydrates** 23 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes Added Sugars **%**

**Protein** 14 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 1.75 mg **10%**

Potassium 250 mg **5%**

\* 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
5798	10061763057981	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.216 KGM			Undeclared	

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 fillets, Toasted wheat crumbs, Water, Flour (wheat, corn), Vegetable oil (canola, soya), Modified corn starch, Sugar, Salt, Seasonings (yeast extract, onion, spices), Modified milk ingredients, Baking powder, Sodium phosphate (to retain moisture), Annatto, Paprika, Turmeric, Caramel, Modified cellulose, Guar flour. Contains: Sole (fish), Wheat, Milk.

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

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. DEEP FRY: IMMERS FROZEN FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 4 1/2 MIN. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 400°F/200°C OVEN FOR ABOUT 16 MIN. FOR MORE EVEN BROWNING, TURN AFTER 8 MIN. OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN FOR ABOUT 20 MIN. FOR MORE EVEN BROWNING, TURN AFTER 10 MIN.

### Serving Suggestions:

Excellent on a bed of primavera rice with stir-fried oriental vegetables served with a celery and cucumber potato salad.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

