



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Sole Fillets, approx 113 g / 4 oz

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.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container	
<b>Serving Size</b>	<b>Per 100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0.4 g	<b>2%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 40 mg	<b>%</b>
<b>Sodium</b> 340 mg	<b>15%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 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
5267	10061763052672	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (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).

### 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:

Cook until a minimum internal temperature of 158°F/70°C is reached.

### Species / Scientific Name:

### Serving Suggestions:

It is traditionally served pan-fried or stuffed, but you have many options with this classic. Bake en papillote on a bed of fresh julienne vegetables herbs lemon juice and olive oil for an elegant and fragrant presentation

### Claims & Child Nutrition:

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

