

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

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%

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	TIxHI	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.

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 juilenne vegetables herbs lemon juice and olive oil for an elegant and fragrant presentation

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

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







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