

High Liner Foodservice Signature, 4.54 kg / 10 lb, Breaded Natural Cut Sole Fillets, approx. 137 g / 5 oz

MSC Certified. This premium, mild, flaky fillet is lightly breaded for a crunchy bite. IQF portions allow for ease of handling and speed of preparation. Cold Plate/Retherm compatible.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (137 g)

Amount Per Serving Calories

270

% Daily Value*
15%
5%
%
24%
%
0%
%
%
2%
13%
4%

Product Specifications :					
Code	GTIN	Type Of Catch			
7090	10061763070904				

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.94 KGM			Undeclared	No

Shipping Information						
Length Width Height		Volume TIxHI Shelf Life		Shelf Life	Storage Temp From/To	
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

Ingredients:

Sole, Toasted wheat crumbs, Water, Flour (wheat, corn), Vegetable oil (canola, soya), Modified corn starch, Salt, Seasonings (yeast extract, onion, spices), Sugar, Modified milk ingredients, Baking powder, Sodium phosphate (to retain moisture), Modified cellulose, Guar flour. Contains: Sole (fish), Wheat, 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. DEEP FRY: IMMERSE 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. COLD PLATE /MEAL DELIVERY SYSTEM COMPATIBLE.

Serving Suggestions:

Serve as an entrée with garlic mashed potatos and green beans.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
Has CN Statement: No

CN Statement:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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