

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: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (137 g)

Amount Per Serving	
Calories	**270**
	% Daily Value*
Total Fat 11 g	**15%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 35 mg	**%**
Sodium 560 mg	**24%**
Total Carbohydrates 29 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 2 g	
Includes Added Sugars	**%**
Protein 12 g	
Vitamin D	%
Calcium 30 mg	2%
Iron 2.25 mg	13%
Potassium 175 mg	4%

* 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
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	

Shipping Information

Length	Width	Height	Volume	TIxHI	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' INII='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: 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:





