

# 10 Lb (4.54 kg) Sole Rolled with Scallops & Crabmeat Stuffing 5

Fishery Product Sole Rolled with Scallops & Crabmeat Stuffing is as tantalizing as it sounds. The firm texture of this premium wild caught Sole beautifully holds the succulent, buttery rich Scallop and Crabmeat stuffing together, with the Sole's mild, sweet flavor the perfect complement. And each roll microwaves or bakes from frozen in no time. It's a dish you won't find anywhere else that guests will be delighted to find on your menu.

Product Last Saved Date: 20 October 2025

## **Nutrition Facts**

32 Servings per container

Serving Size 5 oz (140g)

| Amount Per Serving  Calories | 200           |
|------------------------------|---------------|
|                              | % Daily Value |
| Total Fat 11 g               | 14%           |
| Saturated Fat 4 g            | 20%           |
| Trans Fat 0 g                |               |
| Cholesterol 40 mg            | 13%           |
| Sodium 500 mg                | 22%           |
| Total Carbohydrates 11 g     | 4%            |
| Dietary Fiber 0 g            | 0%            |
| Total Sugars 1 g             |               |
| Includes 0 g Added Sugars    | 0%            |
| Protein 14 g                 |               |
| Vitamin D 0 mcg              | 0%            |
| Calcium 53 mg                | 4%            |
| Iron 1 mg                    | 6%            |
| Potassium 171 mg             | 4%            |

| Product Specifications :                                   |  |                   |  |  |
|--|--|-------------------|--|--|
| Code         GTIN           1039207         10035493392070 |  | Type Of Catch     |  |  |
|  |  | FARM RAISED, WILD |  |  |

| Brand | GPC Description  |
|-------|--|
| FPI   | Aquatic Invertebrates/Fish/Shellfish/Seafood Mixes - Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher     | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 11.1 LBR     | 10 LBR     | N/A               | Undeclared | No          |

| Shipping Information |             |            |            |       |            |                      |
|----------------------|-------------|------------|------------|-------|------------|----------------------|
| Length               | Width       | Height     | Volume     | TIxHI | Shelf Life | Storage Temp From/To |
| 15.3937 INH          | 10.1969 INH | 3.7402 INH | 0.3397 FTQ | 10x10 | 547 Days   | -10 FAH / 0 FAH      |

#### Ingredients:

SOLE, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN OIL, SOYBEAN OIL, AND SUNFLOWER OIL), SCALLOPS, CRAB MEAT, CONTAINS 2% OR LESS OF: MARGARINE [PALM OIL, VITAMIN E, WATER, NATURAL FLAVOR (FROM MILK), BETA-CAROTENE], PALM OIL, UNSALTED BUTTER (PASTEURIZED CREAM, WATER), NONFAT MILK, CORN STARCH, SALT, COOKED SEAFOOD (LOBSTER, CLAMS, SHRIMP, CRAB), SUGAR, MILK SOLIDS, HYDROLYZED SOY AND CORN PROTEIN, BUTTER (CREAM), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), CONCENTRATED LEMON JUICE, CHEESE SOLIDS, MALTODEXTRIN, NATURAL FLAVORS, DILL WEED, ONION POWDER, MODIFIED POTATO STARCH, YEAST, PAPRIKA EXTRACT (COLOR), SOY LECITHIN, BETA CAROTENE (COLOR). CONTAINS: FISH (SOLE), CRUSTACEAN SHELLFISH (CRAB, LOBSTER, SHRIMP), WHEAT, SOY, MILK

| Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'): |                |               |  |  |  |
|--|----------------|---------------|--|--|--|
| Eggs - 30  | Milk - C       | Soy - C       |  |  |  |
| Fish - C   | Wheat - C      | TreeNuts - 30 |  |  |  |
| Peanuts - 30   | Crustacean - C | Sesame - 30   |  |  |  |

#### **Prep & Cooking Suggestions:**

nutrition advice.

COOKING INSTRUCTIONS FROM FROZEN: MICROWAVE OVEN - Remove frozen portion from polybag. Place on microwaveable tray and cover. Microwave on high power for 2 minutes. Turn tray 90° and continue cooking for 1 1/2 - 2 minutes. CONVECTION OVEN - Place frozen portion on cooking tray. Cover tightly with foil. Bake at 400°F for 30 - 35 minutes. CONVENTIONAL OVEN - Cook at 425°F for 30 - 40 minutes. NOTE: Cooking time will vary with individual oven temperature and wattage of microwave oven. Suggested cooking directions for Conventional and Convection ovens are based on preparation of 6 portions. Microwave directions are based on preparation of one portion. ALL COOKING METHODS: COOK TO AN INTERNAL TEMPERATURE OF 165°F FOR 15 SECONDS. (FDA fc 1999 ch.3, Stuffed Seafoods)

#### Serving Suggestions:

Ideal used as the appetizer for any function, or to spice up dinner! Superb as a center of the plate star with fresh asparagus, or a special lunch entrée with the side of your choice.

#### Species / Scientific Name:

Sole - Limanda aspera, Lepidopsetta bilineata; Flounder - Limanda ferruginea; Jonah Crab - Cancer borealis; Scallop - Argopecten irradians

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:









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

Page 1 of 1

Printed on 9 November 2025 Powered by Syndigo LLC - http://www.syndigo.com