

# 1/10 Lb Sole Rolled with Scallops & Crabmeat Stuffing 5 oz

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: 02 December 2024



## 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%

\* 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
1039207	10035493392070	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	TlxHI	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 - N	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - C	Sesame - NI

### Prep & Cooking Suggestions:

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:



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Printed on 17 December 2024  
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