

10 Lb (4.54 kg) Sole Rolled with Shrimp & Garlic Stuffing 5 oz

Fishery Product Sole Rolled with Shrimp & Garlic Stuffing lives up to its tantalizingly delectable name. The wild caught Sole's firm texture perfectly keeps the richly decadent Shrimp stuffing together with the Sole's mild sweetness the ideal flavor complement. Each roll microwaves or bakes from frozen to perfection in no time. A beautiful dish that immediately elevates any seafood menu.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

32 Servings per container

Serving Size **5oz (140g)**

Amount Per Serving

Calories **200**

	% Daily Value*
Total Fat 13 g	**17%**
Saturated Fat 4.5 g	**23%**
Trans Fat 0 g	
Cholesterol 40 mg	**13%**
Sodium 480 mg	**21%**
Total Carbohydrates 8 g	**3%**
Dietary Fiber 1 g	**4%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 13 g	
Vitamin D 0 mcg	0%
Calcium 45 mg	4%
Iron 1 mg	6%
Potassium 129 mg	2%

* 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
1039208	10035493392087	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	

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, SHRIMP, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN OIL, SUNFLOWER OIL), CONTAINS 2% OR LESS OF: MARGARINE [PALM OIL, VITAMIN E, WATER, NATURAL FLAVOR (FROM MILK), BETA-CAROTENE], PALM OIL, UNSALTED BUTTER (PASTEURIZED CREAM, WATER), CORN STARCH, SALT, LOBSTER, SUGAR, GARLIC POWDER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), AUTOLYZED YEAST, MALTODEXTRIN, BUTTER (CREAM, FLAVORINGS), SHRIMP EXTRACT, SPICES, MODIFIED POTATO STARCH, FLAVORINGS (ESSENTIAL OIL, DEXTROSE, LOBSTER POWDER), ONION POWDER, NATURAL FLAVORS, YEAST, CARAMEL (COLOR), CITRIC ACID, SCALLOPS, PAPRIKA EXTRACT (COLOR), SOY LECITHIN, BETA CAROTENE (COLOR). SODIUM BISULFITE (AS A PRESERVATIVE). CONTAINS: FISH (SOLE), CRUSTACEAN SHELLFISH (SHRIMP, LOBSTER), WHEAT, SOY, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - C	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: 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:

A perfect center of the plate star served with fresh asparagus, or a special lunch entrée with the side of your choice.

Species / Scientific Name:

Sole - Limanda aspera, Lepidopsetta bilineata, Limanda ferruginea; Shrimp - Protrachypene precipua, Xiphopenaeus kroyeri

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:




