



High Liner Foodservice, 4.54 kg / 10 lb, Healthy Tonight Breaded Sole Fillet

High Liner Healthy Tonight™ Breaded Sole Fillets feature a light, crunchy breading that perfectly preserves the mild flavour and delicate texture of this wild caught Sole. Healthy Tonight™ Fillets are sodium controlled and seasoned just right. This results in the perfect combination of robustly tasty crunch and mild, flaky fish patrons are looking for. Whether baked or deep-fried, these simple-to-prepare fillets consistently cook to perfection, are Cold Plate/Retherm compatible, and deliver the exceptional plate coverage you look for as well.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 fillet (119 g)

Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 35 mg	%
Sodium 350 mg	15%
Total Carbohydrates 16 g	%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 11 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.75 mg	4%
Potassium 125 mg	3%

* 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
1827	10061763018272	

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

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

Shipping Information

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

Ingredients :

Sole fillets, Water, Toasted wheat crumbs, Modified corn starch, Vegetable oil (canola / sunflower), Seasonings (onion, garlic, spices), Corn flour, Sugar, Salt, Sodium phosphate (to retain moisture), Guar flour, Caramel, Paprika. Contains: Sole (fish), Wheat.

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. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN. BAKE FOR ABOUT 15-17 MIN OR UNTIL DONE. OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 425 F/220°C OVEN. BAKE FOR ABOUT 22-24 MIN OR UNTIL DONE. DEEP FRY: IMMERSE 1-4 FROZEN FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 7-8 MIN OR UNTIL DONE. COLD PLATE/MEAL DELIVERY SYSTEM COMPATIBLE.

Serving Suggestions:

Try these Healthy Tonight™ Fillets with spicy home fries and corn, or with a plate of stir-fried veggies over a bed of egg noodles.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

