

High Liner Foodservice Signature, 4.54 kg / 10 lb, Upper Crust Almond Crusted Sole with Lemon Flavour and Chives, approx. 142 g / 5 oz

High Liner Foodservice Signature UpperCrust® Almond Crusted Sole features natural cuts of premium wild caught Sole coated with a special blend of almonds, tangy lemon and chives. This creates an irresistible crust that complements and enhances the sweet, mild flavour of the Sole. Incredibly simple to prepare, each fillet easily bakes to mouth-watering centre-of-the-plate perfection with the consistency you demand. UpperCrust® fillets represent the gold standard in handmade appearance and authentic ingredients no menu should be without.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (142 g)

Amount Per Serving	
Calories	**200**
	% Daily Value*
Total Fat 11 g	**15%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 50 mg	**%**
Sodium 530 mg	**23%**
Total Carbohydrates 11 g	**%**
Dietary Fiber 1 g	**4%**
Total Sugars 0 g	
Includes Added Sugars	**%**
Protein 16 g	
Vitamin D	%
Calcium 40 mg	3%
Iron 1 mg	6%
Potassium 225 mg	5%

* 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
8412	10061763084123	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.989 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
36.354 CMT	30.639 CMT	15.557 CMT	0.0173 MTQ	11x7	547 Days	

Ingredients :

Sole, Toasted wheat crumbs, Canola oil, Water, Almonds, Flour (wheat, corn, soy), Modified corn starch, Salt, Seasonings (disodium inosinate, disodium guanylate, chives, yeast extract, torula yeast, onion, garlic, spices), Sugars (sugar, dextrose), Natural flavour (mustard, almond, lemon), Baking powder, Sodium aluminum phosphate (leavening acid). Contains: Sole (fish), Wheat, Barley, Almonds, Soy, Mustard.

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. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 325°F/160°C OVEN FOR ABOUT 12 MINUTES OR UNTIL DONE. CONVENTIONAL OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 375°F/190°C OVEN FOR ABOUT 21 MINUTES OR UNTIL DONE. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F / 70°C.

Species / Scientific Name:

Serving Suggestions:

Try this UpperCrust® Almond Crusted Sole with wasabi tartar. The tangy, nutty flavour easily lends itself to high-end entrées or sharable appetizers.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


8412



