

High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Sole Fillets, approx 142 g / 5 oz

IQF Sole Fillets are a premium example of this delicious species. The mild, sweet flavor and firm texture of this wild caught Sole makes it ideal for amplifying a wide variety of your signature recipes. Each cooks easily to desired perfection with the consistency, coverage and plate appeal you need, and no unnecessary waste.

Product Last Saved Date: 17 February 2025



HIGH LINER
FOODSERVICE™



Nutrition Facts

Servings per container

Serving Size Per 100 g

Amount Per Serving

Calories **60**

% Daily Value*

Total Fat 2 g **3%**

Saturated Fat 0.4 g **2%**

Trans Fat 0 g

Cholesterol 40 mg **%**

Sodium 340 mg **15%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 12 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 0.2 mg **1%**

Potassium 150 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
5268	10061763052689	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.2 CMT	25.4 CMT	15 CMT	0.0142 MTQ	11x12	540 Days	-25 CEL / -18 CEL

Ingredients :

Sole, Water, Sodium phosphate (to retain moisture). Contains: Sole (fish).

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:

Cook until a minimum internal temperature of 158°F/70°C is reached.

Species / Scientific Name:

Serving Suggestions:

It is traditionally served pan-fried or stuffed, but you have many options with this classic. Bake en papillote on a bed of fresh julienne vegetables herbs lemon juice and olive oil for an elegant and fragrant presentation

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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