

# 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: 04 June 2025



## **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%

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	TIxHI	Shelf Life	Storage Temp From/To
37.2 CMT	25.4 CMT	15 CMT	0.0142 MTQ	11x12	540 Days	

#### 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.

#### 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 juilenne vegetables herbs lemon juice and olive oil for an elegant and fragrant presentation

### Species / Scientific Name:

#### 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) http://www.highlinerfoods.com Page 1 of 1

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