



## 10 Lb (4.54 kg) IQF Sole Fillets, 6 oz, MSC

Fishery Product 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: 01 July 2025



## Nutrition Facts

27 Servings per container

Serving Size 6 oz (168g / About 1 Fillet)

Amount Per Serving

**Calories** 120

% Daily Value\*

**Total Fat** 3.5 g 4%

Saturated Fat 1 g 4%

Trans Fat 0 g

**Cholesterol** 75 mg 26%

**Sodium** 140 mg 6%

**Total Carbohydrates** 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 21 g

Vitamin D 4.8 mcg 25%

Calcium 40 mg 2%

Iron 0 mg 0%

Potassium 270 mg 6%

\* 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 |
|---------|----------------|---------------|
| 1002305 | 10035493023059 | WILD          |

| Brand | GPC Description                        |
|-------|--|
| FPI   | Fish - Unprepared/Unprocessed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher     | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 11.023 LBR   | 10 LBR     | CN, ID            | Undeclared | No          |

### Shipping Information

| Length     | Width    | Height | Volume     | TlxHI | Shelf Life | Storage Temp From/To |
|------------|----------|--------|------------|-------|------------|----------------------|
| 15.373 INH | 11.5 INH | 6 INH  | 0.6139 FTQ | 10x13 | 547 Days   | -10 FAH / 0 FAH      |

### Ingredients :

CONTAINS: FISH (SOLE)

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

|             |                |              |
|-------------|----------------|--------------|
| Eggs - N    | Milk - N       | Soy - N      |
| Fish - C    | Wheat - N      | TreeNuts - N |
| Peanuts - N | Crustacean - N | Sesame - N   |

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Flounder - Limanda ferruginea; Sole - Lepidopsetta bilineata, Limanda aspera, Hippoglossoides elassodon, Microstomus pacificus, Glyptocephalus zachirus, Lepidopsetta polyxystra

### Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

### Claims & Child Nutrition:

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

