



## 1/10 LB 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: 30 December 2024



**HIGH LINER**  
FOODSERVICE™

## 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:



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