

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: 20 October 2025



Nutrition Facts

27 Servings per container

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

Amoun	t Per	Servi	ng
Cal	or	ies	•

120

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%

	Product Specifications :						
	Code GTIN		Type Of Catch				
۱,	1002305	10035493023059	WILD				

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	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)

	='No Info Provided'):			
	Eggs - 30	Milk - 30	Soy - 30	
	Fish - C	Wheat - 30	TreeNuts - 30	
	Peanuts - 30	Crustacean - 30	Sesame - 30	

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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