



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



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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

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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