



High Liner Foodservice Signature, 4.54 kg / 10 lb, Breaded Sole Fingers

High Liner Foodservice Signature Breaded Sole Fingers introduce an exciting new way to enjoy this mild-flavoured fish your patrons will find hard to resist. These consistently sized cuts come from premium wild caught Sole, then lightly coated with signature seasoned breading for a delicate crispness and robust taste that complements most flavour profiles. Each easily deep-fries or bakes from frozen to pleasantly crispy, plate-appealing perfection in minutes. This entirely new take on this species will most definitely add new life to your seafood menu.

Product Last Saved Date: 07 February 2025



Nutrition Facts

Servings per container

Serving Size Per about 3 fingers (144 g)

Amount Per Serving

Calories **340**

% Daily Value*

Total Fat 16 g **21%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 25 mg **%**

Sodium 580 mg **24%**

Total Carbohydrates 39 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

Protein 11 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 2 mg **11%**

Potassium 150 mg **3%**

* 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
1086090	00059111860904	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.894 CMT	24.894 CMT	15.588 CMT	0.0151 MTQ	13x11	540 Days	-25 CEL / -18 CEL

Ingredients :

Sole, Toasted wheat crumbs, Water, Canola oil, Flour (wheat, corn, soy), Modified corn starch, Sugars (sugar, dextrose), Salt, Baking powder, Seasonings (spices, garlic, onion), Sodium phosphate (to retain moisture), Guar flour. Contains: Sole (fish), Wheat, Soy.

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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FINGERS ON A BAKING PAN. COOK IN PREHEATED 375°F/190°C OVEN FOR 11-12 MIN. OVEN: PLACE SINGLE LAYER OF FROZEN FINGERS ON A BAKING PAN. COOK IN PREHEATED 425°F/220°C OVEN FOR 15-16 MIN. TURN ONCE DURING COOKING. DEEP FRY: FROZEN FINGERS IN PREHEATED 350°F/180°C OIL FOR ABOUT 3 1/2-4 MIN OR UNTIL GOLDEN BROWN. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C IS REACHED.

Serving Suggestions:

Try these uniquely delicious Sole Fingers as a "Strip 'N Chips" or "Fingers 'N Fries" appetizer or entrée.

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)
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