

High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Sole Fillets, approx 170 g / 6 oz

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: 04 June 2025



Nutrition Facts

Servings per container	
Serving Size	Per 100 g
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0.4 g	2%
Trans Fat 0 g	
Cholesterol 40 mg	%
Sodium 340 mg	15%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 12 g	
Vitamin D	
Calcium 20 mg	
Iron 0.2 mg	
Potassium 150 mg	
* 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
5269	10061763052696	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (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
37.2 CMT	25.4 CMT	15 CMT	0.0142 MTQ	11x12	540 Days	

Ingredients :
Sole, Water, Sodium phosphate (to retain moisture). Contains: Sole (fish).

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:
Cook until a minimum internal temperature of 158°F/70°C is reached.

Species / Scientific Name:

Serving Suggestions:
It is traditionally served pan-fried or stuffed, but you have many options with this classic. Bake en papillote on a bed of fresh julienne vegetables herbs lemon juice and olive oil for an elegant and fragrant presentation

Claims & Child Nutrition:
BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

