



1/10 LB IQF Sole Fillets, 4 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



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Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 1 Fillet)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 2 g 3%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 50 mg 17%

Sodium 90 mg 4%

Total Carbohydrates 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 14 g

Vitamin D 3.2 mcg 15%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 180 mg 4%

* 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
1002307	10035493023073	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 for a variety of baked, broiled, poached, or sautéed entrées. Pairs well with salads, fresh sides and your signature sauces.

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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