



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: 31 March 2025



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:

