

### 10 Lb (4.54 kg) 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: 20 October 2025



FOODSERVICE™

## **Nutrition Facts**

40 Servings per container

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

# Amount Per Serving Calories

20

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%

	Product Specifications :					
	Code	GTIN	Type Of Catch			
١	1002307	10035493023073	WILD			

Brand	GPC Description	
FPI	Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight Net Weight		Country of Origin	Kosher	Gluten Free	
I	11.023 LBR	10 LBR	CN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	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 - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

#### 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:







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