



## 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



**HIGH LINER**  
FOODSERVICE™

## 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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### 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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