



## High Liner Foodservice Signature, 4.54 kg / 10 lb, Pan-Sear Selects, Lemon Pepper Sole Fillets

High Liner Foodservice Signature Pan- Sear Selects® Lemon Pepper Sole fillets feature a delicately breaded, mild and slightly sweet Sole, seasoned with a perfectly balanced blend of lemon and pepper. A very versatile menu option that offers great plate coverage and presentation.

Product Last Saved Date: 06 June 2024



## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (132 g)**

Amount Per Serving

**Calories** **180**

% Daily Value\*

**Total Fat** 9 g **12%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 45 mg **%**

**Sodium** 310 mg **13%**

**Total Carbohydrates** 11 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes Added Sugars **%**

**Protein** 13 g

Vitamin D **%**

Calcium 30 mg **2%**

Iron 0.5 mg **3%**

Potassium 175 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
1059330	10035493593309	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.5 CMT	26.2 CMT	15.5 CMT	0.016 MTQ	10x11	547 Days	-25 CEL / -18 CEL

### Ingredients :

Sole, Water, Rice flour, Vegetable oil (canola, soya), Modified corn starch, Seasonings (onion, lemon peel, spices, garlic, parsley, citric acid), Sugars (sugar, maltodextrin), Salt, Sodium phosphate (to retain moisture), Natural flavour (lemon), Soy lecithin, Contains: Sole (fish), Soy.

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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FLAT GRILL: PREHEAT FLAT GRILL TO 325°F / 160°C (MEDIUM HIGH HEAT). COOK FOR 9-10 MINUTES. TURN FILLETS OVER HALFWAY THROUGH COOKING. CONVECTION OVEN: PLACE FROZEN FILLETS ON A LIGHTLY OILED SHEET PAN. PREHEAT OVEN TO 375°F / 190°C AND BAKE FOR 9-11 MINUTES. CONVENTIONAL OVEN: PLACE FROZEN FILLETS ON A LIGHTLY OILED SHEET PAN. PREHEAT OVEN TO 425°F / 220°C AND BAKE FOR 16-18 MINUTES. DEEP FRY: PREHEAT FRYER TO 350°F / 180°C AND FRY FOR 3-4 MINUTES. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F / 70°C IS REACHED.

### Serving Suggestions:

Serve as a center-of-plate entrée with sauce sides. As a topper to salad applications. As a sandwich or wrap menu solution.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

