



High Liner Foodservice Signature, 4.54 kg / 10 lb, Pan-Sear SELECTS Lemon Pepper Breaded 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: 04 June 2025



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
12300217	10061763002172	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	547 Days	

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, 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:

COOK FROM FROZEN Cook until a minimum internal temperature of 158°F (70°C) is reached.
FLAT GRILL: Cook at medium-high heat, 325°F (160°C), for 9-10 min. Turn halfway. FORCED
AIR CONVECTION OVEN: Place fillets in a single layer on a lightly greased shallow baking
pan. Bake in a preheated 375°F (190°C) oven for 9-11 min. DEEP FRY: Immerse fillets in
preheated 350°F (180°C) oil for 3-4 min.

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:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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