

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

180

Calories	
	% 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%

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	TIxHI	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) http://www.highlinerfoods.com

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