

# High Liner Foodservice Signature, 4.54 kg / 10 lb, Raw Breaded Sole Fillets, approx 142 g / 5 oz

High Liner Foodservice Signature Raw Breaded Sole Fillets feature a light crumb breading for a pleasingly delicate crunchy bite. This breading preserves and enhances the mild-tasting, flaky texture unique to this wild caught species.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (142 g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **210** |
| | **% Daily Value*** |
| **Total Fat** 2 g | **3%** |
| Saturated Fat 0.4 g | **2%** |
| *Trans* Fat 0 g | |
| **Cholesterol** 30 mg | **%** |
| **Sodium** 570 mg | **25%** |
| **Total Carbohydrates** 37 g | **%** |
| Dietary Fiber 1 g | **4%** |
| Total Sugars 1 g | |
| Includes Added Sugars | **%** |
| **Protein** 13 g | |
| Vitamin D | % |
| Calcium 20 mg | 2% |
| Iron 3 mg | 17% |
| 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 |
|---|---|---|
| 1036621 | 00059111366215 | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|---|---|---|---|---|
| 5.22 KGM | | | Undeclared | |

**Shipping Information**

| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
|---|---|---|---|---|---|---|
| 18.78 CMT | 24.63 CMT | 39.87 CMT | 0.0184 MTQ | 12x9 | 540 Days | |

## Ingredients :

Sole, Water, Toasted wheat crumbs, Flour (wheat, corn), Modified corn starch, Seasonings (yeast extract, onion, garlic, hydrolyzed corn protein, monosodium glutamate, spices), Soy protein, Salt, Baking powder, Sugars (dextrose, sugar), Sodium phosphate (to retain moisture), Canola oil, Natural and artificial flavours, Guar flour. Contains: Sole (fish), Wheat, Soy.

**Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):**

| | | |
|---|---|---|
| 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. DEEP FRY: IMMERSE FROZEN BREADED FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 3 1/2-4 MIN OR UNTIL GOLDEN BROWN.

## Species / Scientific Name:

## Serving Suggestions:

It can be served in a number of plate combinations adding variety to your menu.

## Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


1036621



