

# 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: 04 June 2025



### **Nutrition Facts**

Servings per container

Serving Size Per about 1 fillet (142 g)

## Amount Per Serving

210

Calories	
	% 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%

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	No

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 comprotein, 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'):				
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  $350^{\circ}$ F/ $180^{\circ}$ C OIL FOR ABOUT  $3\ 1/2-4$  MIN OR UNTIL GOLDEN BROWN.

#### Serving Suggestions:

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

#### Species / Scientific Name:

#### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
Has CN Statement: No
CN Statement:





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Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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