



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	
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	No

Shipping Information						
Length	Width	Height	Volume	TLXHI	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'):		
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:

