



Sized premium sole fillets coated in a delicious mild lemon & herb flavour.

**Key Product Features**

- Delicious lemon & herb flavour
- Great plate coverage
- Uniform cook times

**Key Product Benefits**

- Complements the delicate sole fillets
- Cost effective
- Allows ease of preparation and service

**Menu Suggestions**

Ideal as a lunch or dinner entree served with rice, mashed potatoes, garden salad or pasta. Key menu item for healthcare, long-term care or cafeteria operations.

**Cooking Instructions**

Bake in a 400°F preheated oven for 17-20 minutes. Do not deep fry.

**Nutritional Facts**

Per 100 g	
Amount	
Calories	225
Fat	9.6 g
Saturated	0.9 g
+trans	0.1 g
<b>Polyunsaturated</b>	
Omega-6	n/a g
Omega-3	n/a g
Cholesterol	36.0 mg
Sodium	823 mg
Carbohydrate	23.2 g
Dietary Fibre	1.2 g
Sugars	1.6 g
Protein	11.4 g
Vitamin A	21.0 RE
Vitamin C	0 mg
Calcium	20.4 mg
Iron	1.45 mg

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**Ingredient Listing**

Sole fillets in a breading of: bread crumbs, water, corn starch, corn flour, wheat flour, salt, sugar, lemon flavour, whey powder, baking powder, guar gum and seasonings. Browned in pure vegetable oil (canola oil).

**Allergen Listing**

Wheat, milk

**Health Benefits**

Free of trans fat  
 Low in saturated fat  
 Source of iron

**Specifications**

SCC: 100 69299 25900 8  
 Case Pack Size 2 x 2 kg = 4 kg  
 Average Pc Weight 57-113 g / 2-4 oz  
 Average Pc Count 47

Case (cm) (LxWxH) 37.3 x 27.8 x 11.1  
 Case Cube (cm) 11,510  
 Pallet Ti / Hi 10 / 9



build your menu with confidence