

FLATHEAD SOLE FILLET

S P E C S H E E T

Specie:

Hippoglossoides elassodon

Sizing - Format:

5 oz IQF (1 X 4,54 kg) #296

6 oz IQF (1 X 4,54 kg) #297

7 oz IQF (1 X 4,54 kg) #298

8 oz IQF (1 X 4,54 kg) #299

Origin: Alaska

Fishing type: Wild Caught

Processed in: China

Texture and Taste: Moist and Sweet

Features:

Pure white

Delicate

Skinless

IQF product

Ingredients:

Sole, water and sodium tripolyphosphate (to retain moisture)

Shelf life:

24 months after freezing date

Freezer : -18 C or less

Fridge : 48 hours

Do not refreeze thawed product



Valeur nutritive Nutrition Facts	
Par filet (171 g) / Per fillet (171 g)	
Calories 154	% valeur quotidienne * % Daily Value*
Lipides / Fat 1.71 g	3 %
saturés / Saturated 1.71 g	1 %
+ trans / Trans 0 g	
Glucides / Carbohydrate 0 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 0 g	0 %
Protéines / Protein 30 g	
Cholestérol / Cholesterol 76 mg	
Sodium 342 mg	9 %
Potassium 181 mg	3 %
Calcium 114 mg	9 %
Fer / Iron 0,68 mg	3 %

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
* 5% or less is **a little**, 15% or more is **a lot**

