

YELLOWFIN SOLE FILLET

S P E C S H E E T

Specie:

Limanda aspera

Sizing - Format:

3 oz IQF (1 X 4,54 kg) #260
3-5 oz IQF (1 X 4,54 kg) #263
4 oz IQF (1 X 4,54 kg) #261
5 oz IQF (1 X 4,54 kg) #262
6 oz IQF (1 X 4,54 kg) #205

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 fillet (143 g) / Per fillet (143 g)	
	% valeur quotidienne * % Daily Value*
Calories 129	
Lipides / Fat 1.43 g	3 %
saturés / Saturated 1.43 g	
+ trans / Trans 0 g	1 %
Glucides / Carbohydrate 1.43 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 0 g	0 %
Protéines / Protein 26 g	
Cholestérol / Cholesterol 64 mg	
Sodium 286 mg	7 %
Potassium 153 mg	3 %
Calcium 95 mg	7 %
Fer / Iron 0,57 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**

