

5 oz Sole Rolled with Scallops & Crabmeat Stuffing

It's seafood that's rolled or stuffed with something special! Signature Sole is stuffed with seafood and herbs, or try a flaky white fish with fun flavors like parmesan and Florentine.



Nutrition Facts

Serving Size: 5 OZ

Household Serving Size: 1 piece

Number of Servings per Package: 32

Amount Per Serving

Calories 250 Calories from Fat: 110

	Per Serving	% Daily Value*
Total Fat	12 g	18%
Saturated Fat	3 g	15%
Trans Fat	1.5 g	
Cholesterol	50 mg	17%
Sodium	680 mg	28%
Total Carbohydrate	20 g	7%
Dietary Fiber	0 g	0%
Sugars	2 g	
Protein	16 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Code	GTIN	Pack	Type Of Catch
1039207	10035493392070	1 X 10 LB	Wild

Brand	GPC Description
FPI	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.508 LBR	10 LBR	USA,China,Russian	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.04	9.722	3.937	0.3331	10x10	547 None	-15 FA / -14 FA

Ingredients :

Sole Fillets, Water, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Scallops, Palm Oil, Crab Meat, Butter (Cream, Flavorings), Skim Milk Powder, Corn Starch, Salt, Cooked Seafood (Lobster, Clam, Shrimp, Crab), Sugar, Hydrolyzed Soy and Corn Protein, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzyme), Sodium Pyrophosphate, Sodium Bicarbonate, Natural and Artificial Flavors, Lemon Juice Concentrate, Maltodextrin, Partially Hydrogenated Soybean Oil and Cottonseed Oil, Whey, Butterfat, Yeast, Dough Conditioners (Ascorbic Acid, Azodicarbonamide), Spices, Disodium Phosphate, Mono- & Diglycerides of Fatty Acids (Emulsifier), Onion Powder, Milk Protein, Modified Potato Starch, Sodium Tripolyphosphate (To Retain Moisture), Beta Carotene (Color), Vitamin E.

Contains: Fish (Sole), Crustacean Shellfish (Shrimp, Crab, Lobster), Wheat, Soy, Milk

Prep & Cooking Suggestions:

MICROWAVE OVEN - REMOVE FROZEN PORTION FROM POLYBAG. PLACE ON MICROWAVEABLE TRAY AND COVER. ; MICROWAVE ON HIGH POWER FOR 2 MINUTES. TURN TRAY 90° AND CONTINUE COOKING FOR 1 1/2 - 2 MINUTES.; CONVECTION OVEN - PLACE FROZEN PORTION ON COOKING TRAY. COVER TIGHTLY WITH FOIL. BAKE AT 400°F FOR 30 - 35 MINUTES. ; CONVENTIONAL OVEN - COOK AT 425°F FOR 30 - 40 MINUTES, FOLLOWING DIRECTIONS FOR CONVECTION OVEN PREPARATION. ; NOTE: COOKING TIME WILL VARY WITH INDIVIDUAL OVEN TEMPERATURE AND WATTAGE OF MICROWAVE OVEN. SUGGESTED COOKING; DIRECTIONS FOR CONVENTIONAL AND CONVECTION OVENS

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI
Soy - NI	Wheat - NI
Fish - NI	Crustacean - NI
Nuts - NI	TreeNuts - NI
Peanuts - NI	

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No

Species / Scientific Name: