

# TOPPITS<sup>®</sup>

QUALITY SINCE 1899



## Sole

Mild Taste  
Low in Fat, Low in Sodium  
Available Year-Round

# Sole

With a mild taste and ample versatility, Toppits Sole is a must for every chef. Available year round, these fillets never have to leave your menu and can be prepared in a multitude of ways. Both low in fat and sodium, Sole also complements most healthy applications. Add Toppits Sole to your menu and watch your customers develop a taste for fish.



## Features & Benefits

- Mild tasting fish making it a great introduction to new fish consumers.
- Available year-round ensuring it can remain as a staple on any menu.
- Low in fat, low in sodium.
- Extremely versatile fish lending itself to many different culinary styles.
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)
- Ocean Wise Sustainable



Nutrition Facts		Valeur nutritive	
Per 1 fillet (113 g) / par 1 filet (113 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories 90</b>			
<b>Fat / Lipides</b>	<b>1 g</b>	<b>2 %</b>	
Saturated / saturés 0.3 g		<b>2 %</b>	
+ Trans / trans 0 g			
<b>Cholesterol / Cholestérol 50 mg</b>			
<b>Sodium / Sodium 80 mg 3 %</b>			
<b>Carbohydrate / Glucides 0 g 0 %</b>			
Fibre / Fibres 0 g		<b>0 %</b>	
Sugars / Sucres 0 g			
<b>Protein / Protéines 19 g</b>			
Vitamin A / Vitamine A		<b>0 %</b>	
Vitamin C / Vitamine C		<b>2 %</b>	
Calcium / Calcium		<b>2 %</b>	
Iron / Fer		<b>2 %</b>	

Item	Description	Brand	Origin	Pack	SCC
SOLE3Q10	Sole Fillet IQF, 3 oz	Toppits	China	1/10 lb	10068689106892
SOLE4Q10	Sole Fillet IQF, 4 oz	Toppits	China	1/10 lb	10068689106908
SOLE5Q10	Sole Fillet IQF, 5 oz	Toppits	China	1/10 lb	10068689106915
SOLE6Q10	Sole Fillet IQF, 6 oz	Toppits	China	1/10 lb	10068689106922
SOLE7Q10	Sole Fillet IQF, 7 oz	Toppits	China	1/10 lb	10068689109831
SOLE8Q10	Sole Fillet IQF, 8 oz	Toppits	China	1/10 lb	10068689107349

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