

# TOPPITS®

QUALITY SINCE 1899



## Gluten Free Savoury Lemon Sole

Chemical Free

Hand-cut from Whole Muscle Fillets

Wild Caught

# GF Savoury Lemon Sole

Toppits is proud to have our Gluten-Free Savoury Lemon Sole in our portfolio. This gluten free option will be an excellent addition to any menu. With an ever-growing gluten-free market, this products offers a solution for those who are gluten intolerant, or those looking for a healthier alternative to a wheat-based breaded fish. The tender flaky fish and light crispy coating will quickly become a popular new menu choice!



## Features & Benefits

- Consistent sizing for excellent portion control
- Made from 100% natural chemical-free fillets
- Crispy gluten-free coating
- Hand-cut from whole muscle fillets
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)
- Certified by the Gluten-Free Certification Program (as coming from a GFCP recognized facility)



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## Cooking Instructions

**Conventional Oven:** Bake from frozen. Preheat oven to 400°F (200°C). Bake for 20-25 minutes on a parchment lined baking sheet. Turn portions over after 10 minutes.

Note: Cook to an internal temperature of 158°F (70°C).

### Nutrition Facts Valeur nutritive

Serving size about 1 piece (100 g)  
pour environ 1 morceau (100 g)

<b>Calories 200</b>		% Daily Value*
		% valeur quotidienne*
<b>Total Fat / Lipides</b> 11 g		17 %
Saturated / saturés 1 g		6 %
+ Trans / trans 0.1 g		
Polyunsaturated / polyinsaturés 3 g		
Omega-6 / oméga-6 2 g		
Omega-3 / oméga-3 1 g		
Monounsaturated / monoinsaturés 7 g		
<b>Carbohydrate / Glucides</b> 15 g		
Fibre / Fibres 1 g		4 %
Sugars / Sucres 0 g		0 %
<b>Protein / Protéines</b> 9 g		
<b>Cholesterol / Cholestérol</b> 30 mg		
<b>Sodium</b> 350 mg		15 %
Potassium 130 mg		4 %
Calcium 20 mg		3 %
Iron / Fer 0.2 mg		3 %

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

Item	Description	Brand	Origin	Pack	SCC
TV13866	Gluten Free Savoury Lemon Sole, 3.6 oz	Toppits	Canada	1/10 lb	10068689138664

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