



## Crunchy Breaded Sole Fillet

*Wild Caught*

*Savoury Breaded Coating*

*Hand Cut*



# Crunchy Breaded Sole Fillet

Hand cut from wild caught whole fillets, Toppits Crunchy Breaded Sole is a versatile menu ingredient that can be used in many menu applications. Coated in a savoury breaded coating, these fillets require minimal processing and preparation - simply bake or deep fry from frozen. MSC certified and Ocean Wise Recommended, Toppits Crunchy Breaded Sole Fillets are a great addition to every menu.



## Product Features

- Wild caught
- Crunchy breaded coating
- Mild tasting, with a flaky bite
- Hand cut from whole muscle fillets
- Made in Canada
- Ocean Wise Recommended
- From an MSC certified sustainable fishery [www.msc.org](http://www.msc.org)



## Ingredients

Sole, Toasted wheat crumbs with spice extractives, Water, Toasted wheat crumbs, Canola oil, Modified corn starch, Yellow corn flour, Wheat flour, Corn starch, Salt, Sugar, Baking powder, Garlic powder, Onion powder, Guar gum, Spices.

Nutrition Facts		Valeur nutritive	
Per 1 piece (85 g) pour 1 morceau (85 g)			
<b>Calories 170</b>		<b>% Daily Value*</b>	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 7 g</b>		9 %	
Saturated / saturés 0.5 g		3 %	
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides 19 g</b>			
Fibre / Fibres 1 g		4 %	
Sugars / Sucres 0 g		1 %	
<b>Protein / Protéines 8 g</b>			
<b>Cholesterol / Cholestérol 20 mg</b>			
<b>Sodium 440 mg</b>		19 %	
Potassium 100 mg		2 %	
Calcium 20 mg		2 %	
Iron / Fer 1.75 mg		10 %	
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

SOLF15194

Nutrition Facts		Valeur nutritive	
Per 1 piece (112 g) pour 1 morceau (112 g)			
<b>Calories 230</b>		<b>% Daily Value*</b>	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 10 g</b>		13 %	
Saturated / saturés 1 g		6 %	
+ Trans / trans 0.2 g			
<b>Carbohydrate / Glucides 22 g</b>			
Fibre / Fibres 1 g		4 %	
Sugars / Sucres 1 g		1 %	
<b>Protein / Protéines 10 g</b>			
<b>Cholesterol / Cholestérol 30 mg</b>			
<b>Sodium 580 mg</b>		25 %	
Potassium 125 mg		3 %	
Calcium 30 mg		2 %	
Iron / Fer 2.25 mg		13 %	
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

SOLF15195



### CONVENTIONAL OVEN

Preheat oven to 425°F (218°C). Place on a non-stick baking sheet and bake for 22-25 min, turning over half way through cooking



### DEEP FRYING

Preheat oil to 350°F (177°C). Deep fry from frozen for 4-5 min or until golden brown.



### SAFE HANDLING INSTRUCTIONS

Ensure product is cooked to an internal temperature of 158°F (70°C)

Item	Description	Brand	Origin	Pack	SCC
SOLF15194	Crunchy Breaded Sole Fillet, 3 oz	Toppits	Canada	2/5 lb	10068689151946
SOLF15195	Crunchy Breaded Sole Fillet, 4 oz	Toppits	Canada	2/5 lb	10068689151953

Hippoglossoides elassodon · Lepidopsetta bilineata · Limanda aspera | Wild Caught | Bottom Trawl Caught | FAO 67