



Crunchy Breaded Sole Fillet

Wild Caught
Savoury Breaded Coating

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 with a savoury breaded coating, these fillets require minimal processing and preparation - simply bake or deep fry. MSC certified and Ocean Wise Recommended, Toppits™ Crunchy Breaded Sole Fillets are a great addition to every menu.



Product Features

- Crunchy Breaded Coating
- Mild Tasting With a Flaky Bite
- Wild caught
- Ocean Wise Recommended
- From an MSC certified sustainable fishery www.msc.org



Cooking Instructions

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

Conventional Oven: Preheat oven to 425°F (218°C).

Place frozen fish on a pre-heated baking rack and bake for 20-24 minutes or until golden brown, turning over halfway through cooking.

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

Nutrition Facts		Valeur nutritive	
Per 1 piece (85 g) pour 1 morceau (85 g)			
Calories 170		% Daily Value*	
Fat / Lipides 7 g		% valeur quotidienne*	
Saturated / saturés 0.5 g			9 %
+ Trans / trans 0.1 g			3 %
Carbohydrate / Glucides 19 g			
Fibre / Fibres 1 g			4 %
Sugars / Sucres 1 g			1 %
Protein / Protéines 8 g			
Cholesterol / Cholestérol 20 mg			
Sodium 440 mg			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)			
Calories 230		% Daily Value*	
Fat / Lipides 10 g		% valeur quotidienne*	
Saturated / saturés 1 g			13 %
+ Trans / trans 0.2 g			6 %
Carbohydrate / Glucides 225 g			
Fibre / Fibres 1 g			4 %
Sugars / Sucres 1 g			1 %
Protein / Protéines 10 g			
Cholesterol / Cholestérol 30 mg			
Sodium 580 mg			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

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

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