

IQF, Boneless Flounder/Sole Fillets

(skinless or skin-on)



Latin Name: Limanda aspera, Hippoglossoides elassodon, Lepidopsetta polyxystra

Country of Origin: USA

Method of Harvest: Wild Caught/Trawl

Season: Year-round

Brand: Seafine

Storage Temp: -0° F (- 18° C)

Frozen Shelf Life: 12 months

Size Ranges: 2, 3, 4, 5, 6, 7, 8 oz. fillets

Ingredients: Flounder/Sole

Contains: Fish (flounder)

Key Selling Points:

- Variety of Sizes
- Consistency of Fillet Size
- Mild Flavor
- Firm Texture
- Traceability
- MSC Certified
- Economical Value for a Wide Variety of Kitchen Applications

FLAVOR PROFILE



TEXTURE



COOKING SUGGESTIONS:

Bake, broil or sauté fillets until fish flakes easily with a fork.

Thawing: Place fillets in a container on the bottom shelf in the refrigerator and thaw for 8-24 hours; temperature should not exceed 45° F.

Safe Handling: Keep frozen. Do not refreeze once thawed. Cook thoroughly to 145° F for 15 seconds to reduce risk of foodborne illness.

Nutrition Facts

Serving Size: 4oz. (113g)

Amount Per Serving

Calories 60 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 270mg **11%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 13g

Vitamin A 0% • Calcium 2%

Vitamin C 0% • Iron 0%



*Percent Daily Values are based on a 2,000 calorie diet.

Case Pack	Net Weight	Case Dimensions	Case Cube	Ti/Hi	Pallet Count
1 x 10 lb.	10 lbs.	15.5 x 10.75 x 4.5	.43	10/10	100

Additional Pack Sizes Available.



Eastern Fisheries, Inc.

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