



## 201959C Lemon Sole Fillet 170-230g



Pack Size: 1 X 4.54KG

**Details:** A tasty delicate flavoured fish with soft white flesh.

### Allergen Information

**Contains:**

Fish

**Free from:**

Cereal, Celery, Sesame, Crustaceans, Eggs, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sulphur Dioxide, Soya

**Suitable for:**

Coeliacs

### Handling Information

**Directions For Use:**

Cooking instruction: For the best results cook from frozen. This product contains raw fish and must be cooked thoroughly. These instructions are guidelines only as cooking appliances vary. Ensure fish fillets are piping hot and cooked throughout before serving. Oven Bake: Pre-heat oven to 200'C / 180'C Fan /Gas mark 6. Place fillets on

**Storage Instructions:**

Keep frozen, store below -18'C. Once defrosted do not refreeze.

### Product Ingredients

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Lemon Sole (*Microstomus kitt*) (**FISH**)

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

86 kcal / 363 kJ

**Fat:**

1.9 g

**of which saturates:**

0.3 g

**Carbohydrates:**

0 g

**of which sugars:**

0 g

**Fibre:**

No Data

**Protein:**

17.1 g

**Salt:**

0.3 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.