



RIDING THE CURRENT



Sole

Mild Taste

Low in Fat, Low in Sodium

Available Year-Round

Sole

With a mild taste and ample versatility, Toppits Sole is a must for every chef. Available year round, these fillets never have to leave your menu and can be prepared in a multitude of ways. Both low in fat and sodium, Sole also complements most healthy applications. Add Toppits Sole to your menu and watch your customers develop a taste for fish. Also available from Toppits are Whole Gutted Doversole in either 14-16 oz or 16-20 oz sizes.



Features & Benefits

- Mild tasting fish making it a great introduction to new fish consumers.
- Available year-round ensuring it can remain as a staple on any menu.
- Low in fat, low in sodium.
- Extremely versatile fish lending itself to many different culinary styles.
- From an MSC certified sustainable fishery. www.msc.org.

Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 1 g	2 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 50 mg	
Sodium / Sodium 80 mg	3 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 19 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Item	Description	Brand	Origin	Pack	UPC	SCC
SOLE3Q10	Sole Fillets IQF 3 oz 	Toppits	China	1/10 lb	-	10068689106892
SOLE4Q10	Sole Fillets IQF 4 oz 	Toppits	China	1/10 lb	-	10068689106908
SOLE5Q10	Sole Fillets IQF 5 oz	Toppits	China	1/10 lb	-	10068689106915
SOLE6Q10	Sole Fillets IQF 6 oz 	Toppits	China	1/10 lb	-	10068689106922
SOLE7Q10	Sole Fillets IQF 7 oz 	Toppits	China	1/10 lb	-	10068689109831
SOLE8Q10	Sole Fillets IQF 8 oz 	Toppits	China	1/10 lb	-	10068689107349

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