



POTATO CRUSTED SOLE FILLETS

WILD CAUGHT
WITH CHEDDAR & CHIVES
OVEN READY

Pre heat oven to 375F and bake for 25 to 30 minutes from frozen.

INGREDIENTS: SOLE FISH FILLETS, WATER, VEGETABLE OIL (CANOLA, SOYBEAN, SOYBEAN SHORTENING, SUNFLOWER) MODIFIED STARCH, (CORN) TOASTED WHEAT CRUMBS, POTATOES, DEHYDRATED POTATOES, (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE) FLOUR (CORN, WHEAT), DRY POTATOES MIX (POTATOES, CORN STARCH, SALT, GUAR GUM, METHYLCELLULOSE MONO AND DIGLYCERIDES) FLAVOUR (CHEDDAR CHEESE, BLUE CHEESE, LEMON) SALT, SODIUM PHOSPHATE, AUTOLYSED YEAST EXTRACT, DISODIUM INOSINATE, DISODIUM GUANYLATE, SEASONINGS, (SPICES, GARLIC, ONION) DEHYDRATED CHIVES, MODIFIED MILK INGREDIENTS, DEXTROSE, TORULA YEAST COLOUR TARTRAZINE FCF, SUNSET YELLOW FCF)

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PACKED IN CANADA BY 1694351 INC.
KITCHENER, ON. N2C2M3

LOT: P9736

2.2KG



Nutrition Facts Valeur nutritive

Per 100g 1 Fillet
pour 100g 1 filet

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 7g	10%
Saturated / saturés 1g	4%
Trans Fat / trans 0g	
Cholesterol / Cholestérol 35mg	
Sodium / Sodium 340mg	14%
Carbohydrate / Glucides 9g	3%
Fibre / Fibres 0g	
Sugars / Sucres 0g	
Protein / Protéines 15g	
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	4%
Calcium / Calcium	2%
Iron / Fer	4%