



SEASONED BREADED SOLE UNCOOKED

COOKING INSTRUCTIONS:

In conventional oven, preheat to 400F. Place product on baking sheet and cook for approximately 20 minutes or until product is crisp. Turn product halfway through baking time for best results.

INGREDIENTS:


Sole fish fillets, toasted wheat crumbs, vegetable oil(canola, sunflower), water, flour (wheat, corn), modified corn starch, corn starch, sugar, salt, lemon juice solids, baking powder, sugar, spice,flavour (contains soy lecithin), citric acid, sodium phosphate (to retain moisture)

Made from domestic and imported ingredients

PACKED IN CANADA BY 1694351 INC
KITCHENER, ONTARIO N2C 2M3

2.2kg

0



00500555017

Nutrition Facts

Valeur nutritive

Per 90g

pour 90g

Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 210	
Fat / Lipides 9	19%
Saturated / saturés 1g	5%
Trans Fat / trans 0 g	
Cholesterol / Cholestérol 25 mg	8%
Sodium / Sodium 230 mg	18%
Carbohydrate / Glucides 21	6%
Fibre / Fibres 1g	3%
Sugars / Sucres 1g	
Protein / Protéines 9g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	2%
Iron / Fer	8%

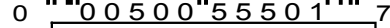


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Trans Fat / trans	0g
Cholesterol / Cholestérol	25mg8%
Sodium / Sodium	230mg18%
Carbohydrate / Glucides	216%
Fibre / Fibres	1g3%
Sugars / Sucres	1g
Protein / Protéines	9g
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