



STUFFED SOLE MONTEREY

UPC CODE: 54319 00504



Wild Pacific Sole Fillet stuffed with a blend of real Monterey Jack and Mozzarella Cheeses, San Francisco-style sourdough bread crumbs, dairy-fresh cottage cheese, cooked shrimp meat, minced sweet onions, and a delicate spice blend. No artificial colors, flavors or preservatives.

Shelf Life:

Fresh Pack: 7 days
Frozen: 6 months

Case Pack:

4 - 12 oz. trays per box

Case Size:

17.25" x 9.75" x 2.5"

Package:

2 - 6 oz. portions
per tray

Pallet: 10 tie, 24 High

Notes:

Product can be removed from tray and sold off the ice. Retail labeling with a different UPC code is also available for application over-wrapped tray for a product that is retail-ready and scannable.

Nutrition Facts	
Serving size: 1-6 oz. portion (170 g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 274	Calories from Fat 137
% Daily Value*	
Total Fat 14 g	22%
Saturated Fat 8 g	40%
Trans Fat 0 g	
Cholesterol 109 mg	36%
Sodium 596 mg	25%
Total Carbohydrate 4 g	1%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 32 g	
Vitamin A 11%	Vitamin C 13%
Calcium 12%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

ENCORE SEAFOODS
STUFFED SOLE MONTEREY
- BONELESS - READY TO COOK

COOKING INSTRUCTIONS: Remove product from package before cooking. (If product has been frozen, let thaw.) **CONVENTIONAL /TOASTER OVEN:** Place on lightly oiled baking pan or ovenable dish. Cover loosely with aluminum foil and bake in preheated oven for 15-20 minutes at 425° or until fish is cooked and center has reached 165° F.

INGREDIENTS: Sole, Monterey Jack Cheese (Pasteurized Cultured Milk, Enzymes, Sea Salt), Bay Shrimp (Shrimp, Salt), Cottage Cheese (Pasteurized Milk, Milk Culture, Non-Fat Milk Solids, Salt, Xanthan Gum, Carob Bean Gum), French Bread Crumbs (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid, Riboflavin, Folic Acid], Water, Salt, and Yeast), Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Onions, Garlic, Salt, White Pepper.

CONTAINS: Sole, Milk, Shrimp, Wheat.

Encore Seafoods, Reno, NV 89507
www.encoreseafoods.com
NET WEIGHT 6 OZ/PTN.

KEEP REFRIGERATED OR FROZEN