



STUFFED SOLE MONTEREY

FROZEN VACUUM PACKED

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.

Shelf Life:

Frozen: 6 months

Package: 6 oz. frozen skin pack.

Case Pack: 24/6 oz. per case.

Case Size: 15.75" x 5.625" x 4.25"

Pallet: 12 tie, 12 high

Notes: Product should be displayed frozen. Product should not be thawed in the vacuum package.

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	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.

KEEP REFRIGERATED OR FROZEN

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NET WEIGHT 6 OZ/PTN.