



# YELLOWFIN SOLE

<b>Product</b>	Yellowfin Sole/Flounder
<b>Scientific Name</b>	<i>Limanda Aspera</i>
<b>Brand</b>	Channel
<b>Form</b>	Fillet
<b>Country of Origin</b>	China
<b>Pack Size</b>	1 x 10 LB
<b>Pack Type</b>	IQF
<b>Net Weight (In LBS)</b>	10 LB
<b>Gross Weight (In LBS)</b>	11 LB
<b>Product Mix</b>	Yellowfin Sole/Flounder
<b>Breaded/Battered</b>	No
<b>Bones In/Out</b>	Out
<b>Shell On/Off</b>	N/A
<b>Skin On/Off</b>	Off
<b>Tail On/Off</b>	Off
<b>Condition</b>	Frozen, Excellent
<b>Flavor Profile</b>	Mild and Sweet
<b>Texture Profile</b>	Firm and Delicate
<b>Cooking Methods</b>	Baking, Frying, Steaming, Sautéing
<b>Seasonality</b>	May - January
<b>Handling Storage</b>	Keep Frozen at -18C or Less
<b>Farmed / Wild</b>	Wild
<b>Method of Catch</b>	Bottom Otter Trawls
<b>Ti/Hi</b>	10 x 13
<b>Case Dimensions</b>	15 x 10.25 x 4.75
<b>Shelf Life</b>	2 Years from Production Date
<b>Ingredients</b>	<i>Flounder/Sole</i>



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>OZ (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>25</b>
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 25mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 5g</b>	<b>10%</b>
Calcium	1%
Iron	1%
Vitamin A	0%
Vitamin C	1%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Size	Item Code	UPC #	GTIN
4 OZ	SO54957	724155896751	00724155896751
5 OZ	SO54930	724155000363	00724155000363
6 OZ	SO54935	724155000370	00724155000370
7 OZ	SO54940	724155000417	00724155000417
8 OZ	SO54945	724155000400	00724155000400

Standards	Limit	Unit
<b>Microbiology</b>		
TPC	500,000	MPN/g
E. Coli	10	MPN/g
Salmonella	ND	MPN/25g
Staphylococcus aureus	100	MPN/g
<b>Chemical</b>		
Histamine	< 35	ppm
Mercury	< 1	ppm



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