

Item # 7377201

Sole with Lobster Stuffing



PC # 7377201
GOURMET BAY
SOLE WITH LOBSTER STUFFING
6 OZ PORTIONS **Pack 16 x 6 OZ**
Produced in USA **Wild Caught**
NET WT 6 LB (2.72 kg)
 SG PO#
 Pack Date:

 00073129737720

GOURMET BAY®
SOLE WITH LOBSTER STUFFING

COOKING INSTRUCTIONS: Preheat conventional oven to 400°F. Place fish in an oven safe baking dish in the center of the oven shell and bake for 13 to 15 minutes until the center is cooked to 165°F and the fish flakes easily with a fork.

MICROWAVE INSTRUCTIONS: Place fish onto a microwave safe dish. Cover with clear plastic wrap and cook for 6 minutes at 50% power until it reaches 165°F in the center and the fish flakes easily with a fork. Allow the product to set for one minute prior to serving.

INGREDIENTS: Sole, Lobster Stuffing (Lobster, Ritz Cracker (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, folic Acid), Partially Hydrogenated Soybean Oil, Sugar, High Fructose Corn Syrup, Salt, Leavening (Baking Soda, Calcium Phosphate), Soy Lecithin (Emulsifier), Malted Barley Flour), Water, Imitation Crab (Pollock, Water, Wheat Starch, Egg Whites, Sorbitol, Sugar, Natural and Artificial Flavors, Salt, Calcium Carbonate, Dried Citrus Inosinate, Dried Citrus Granulate, Sodium Tripolyphosphate, Color Added), Onions, Bleached Wheat Flour, Celery, Salad Dressing (Soybean Oil, Water, Sugar, Vinegar, Eggs, Corn Syrup, Modified Food Starch, Salt, Spices, Onion), Green Onions, contains 2% or less of each of the following: Corn Starch, Methyl Cellulose, Egg White Powder, Guar Gum, Guar Gum, Malto-Dextrin, Sherry Wine Solids (contains Bisulfites), Salt, Soybean Oil, Yeast, Dextrose, Sugar, Lipolyzed Cheese & Whey, Whey Powder, Assorted Yeast Extract, Modified Food Starch, Potassium Sorbate and Sodium Benzoate (preservatives), Corn Oil, Wheat Starch, Butter, Tomato Paste, Onion Powder, Paprika, Disodium Inosinate, Disodium Guanylate, Garlic, Natural Flavors, Spice.)

Contains: Sole, Lobster, Pollock, Wheat, Egg, Milk, Soy
 Manufactured & Distributed by Slade Gorton & Co., Inc.
 225 Southampton St. Boston, MA 02118

Portion

Nutrition Facts

Serving Size 6 oz (170g)
 Servings Per Container

Amount Per Serving		% Daily Value*	
Calories	210	Calories from Fat	45
Total Fat	5g		8%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	70mg		24%
Sodium	390mg		16%
Total Carbohydrate	12g		4%
Dietary Fiber	less than 1g		2%
Sugars	1g		
Protein	27g		
Vitamin A	2%	Vitamin C	4%
Calcium	6%	Iron	6%

*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
Saturated 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 • Carbohydrate 4 • Protein 4

100 gram

Nutrition Facts

Serving Size (100g)
 Servings Per Container

Amount Per Serving		% Daily Value*	
Calories	120	Calories from Fat	25
Total Fat	3g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	40mg		14%
Sodium	230mg		10%
Total Carbohydrate	7g		2%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	16g		
Vitamin A	2%	Vitamin C	2%
Calcium	4%	Iron	4%

*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
Saturated 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 • Carbohydrate 4 • Protein 4

Manufacturer Code #	UCC-12 (UPC) (Must Be 12 Digits with NO dashes and NO spaces)	EAN/UCC-14 (Must Be 14 Digits with NO dashes and NO spaces)	Species	Product Description	Pack/ Size	Unit Weight	Gross Weight (lbs)	Net Weight (lbs)
7377201	073129737720	00073129737720	Sole	Sole with Lobster Stuffing, 6oz	16-6oz	6	9	6

Manufacturer Code #	Case Cube	Configuration L x W x H	Configuration TI x HI Pallet	Total Case/Pallet	Farm/Fishery Certification	Allergens	Brand	Available
7377201	0.692	18.125 x 11 x 6	8 x 7	56	Iceland Responsible Fisheries	Sole, Lobster, Egg, Wheat, Soy	Gourmet Bay	Boston