

Egg Harbor (8) 5 oz. Spinach & Cheese Stuffed Sole Fillets

Nutrition Facts	
8 servings per container	
Serving Size 5oz (142g)	
Amount per serving	
Calories	150
% Daily Value *	
Total Fat 7g	11%
Saturated Fat 9g	15%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 302mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1 mcg	6%
Calcium 259mg	22%
Iron 1mg	6%
Potassium 266mg	7%

* The % Daily Value 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.

Ingredients: SOLE, SPINACH, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [GUAR GUM AND CAROB BEAN GUM]), RICOTTA CHEESE (PASTEURIZED WHOLE MILK, VINEGAR, SALT), PARMESAN CHEESE (CULTURED MILK, ENZYMES, SALT, CELLULOS TO PREVENT CAKING, NATAMYCIN TO PROTECT FLAVOR), MOZZARELLA CHEESE (PASTEURIZED WHOLE MILK, CHEESE CULTURES, SALT, ENZYMES AND ANTI-CAKING AGENT), SALT, GRANULATED GARLIC, BLACK PEPPER

Contains: FISH (SOLE), MILK

Preparation Instructions

Bake from frozen. Preheat oven to 375°F. Coat a baking dish with non-stick cooking spray. Remove Stuffed Sole from the packaging. Place fish in baking. Place baking dish in the center rack of oven. Bake for 25 –30 minutes, or until fish flakes easily with a fork. Let stand for 2 minutes before serving. Product must reach an internal temperature of 145°F

Egg Harbor (8) 5 oz. Snow Crab, Shrimp, & Lobster Stuffed Sole Fillets

Nutrition Facts	
1 servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 410mg	18%
Total Carbohydrate 9g	3%
Dietary Fiber less than 1g	3%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 2.1mcg	10%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 140mg	2%

*The % Daily Value 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.

Ingredients: SOLE, SNOW CRAB (SNOW CRAB, SALT), MINCED LOBSTER (LOBSTER, SALT), SHRIMP (SHRIMP, WATER, SALT, SODIUM TRIPOLYPHOSPHATE [TO RETAIN MOISTURE]), MAYONNAISE (SOYBEAN OIL, WATER, EGG, DISTILLED VINEGAR, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, SUGAR, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), OLEORESIN PAPRIKA (COLOR), NATURAL FLAVOR), CELERY, BREAD CRUMB (WHEAT FLOUR, SUGAR, YEAST, SALT, UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID], SOYBEAN AND/OR CANOLA OIL, PALM OIL, SUGAR, SALT, LEAVENING [CALCIUM PHOSPHATE, BAKING SODA], HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, NATURAL FLAVOR), GREEN ONION, LEMON JUICE (WATER, CONCENTRATED LEMON JUICE, SODIUM BENZOATE, AND SODIUM METABISULFITE AS FOOD PRESERVATIVES, LEMON OIL), EGGS (WHOLE LIQUID EGG (WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS A CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR), GRANULATED GARLIC, BLACK PEPPER, GUAR GUM.

Contains: FISH (SOLE), SHELLFISH (LOBSTER, CRAB, SHRIMP), SOY, EGG, WHEAT

Preparation Instructions

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