



## Dear Valued Customer,

Thank you for purchasing our Wild Alaskan Flour Dusted Sole. The following information is provided to help you maintain the freshness and safety of the product. Upon receipt of this product, please store in your freezer for up to six (6) months. This product should be cooked from frozen.

Sincerely,

**Anderson Seafoods Family**

# Wild Alaskan Flour Dusted Sole

PERISHABLE,  
KEEP FROZEN  
3.4 oz portions

<b>Nutrition Facts</b>	
Serving Size	3.4 oz
16 servings per container	
Amount Per Serving	
<b>Calories</b>	<b>110</b>
Daily Value %	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 1g	4%
Total Sugars 0g	0%
<b>Protein</b> 9g	
Vitamin D 2mcg	10%
Iron 1mg	6%
Calcium 19mg	2%
Potassium 129mg	2%

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

**Allergen:**  
Fish (Sole), and Wheat.

**In The Oven:** Preheat to 450F - Heat non-stick baking sheet in oven for 2 minutes. Place fillets directly on baking sheet. Bake in center of oven for 7 minutes. Turn over fillets and bake for an additional 6 minutes. Let stand for 2-3 minutes before serving.

**Air fry:** 6-8 minutes at 400 F.  
To achieve a crispier result, brush, spray, or toss with 1 teaspoon of oil

Since appliances vary, these instructions are guidelines only.

**Ingredients:**  
Sole, Wheat Flour, Water, Whole Wheat Flour, Modified Wheat Starch, Soybean Oil, Modified Corn Starch, Salt, Spice, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Onion Powder, Sunflower Oil, Dehydrated Parsley, Extractive of Paprika, Yeast, Sugar, Natural Flavor, Spice Extractive.

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