

Alaskan Flounder



- >> WILD, OCEAN-CAUGHT
- >> SKINLESS/BONELESS
- >> DEEP SKINNED



Alaskan Flounder

Wild and all natural, Trident Alaskan Flounder offers delicious, pure white, boneless fish fillets. Wild-caught in the icy-pure waters of the North Pacific, our fillets are individually quick frozen to preserve the utmost in freshness and flavor. Well known for their high-quality protein, Alaskan Flounder also offer an attractively low fat content.

Delicately flavored, yet with a pleasing texture and bite, Trident Alaskan Flounder fillets will shine in a variety of traditional preparations, whether stuffed or rolled. Try Herbed Sole with Cranberry Walnut Stuffing or whip up a savory crab or SEALEGS® surimi seafood stuffing. Try baking sole fillets in a Scampi-style entrée or Alaskan Sole Parmesan. For a quick sauté or pan-fry entrée, Cornmeal-Crisp Sole with a Lemon-Pecan Tartar Sauce or a classic Sole Meuniere is sure to please your guests.



Features & Benefits

>> INDIVIDUALLY QUICK FROZEN

Frozen at the source for highest quality

>> BONELESS AND SKINLESS

Deep skinned, mild flavor

>> CONSISTENT FOOD COST

Cook to order, consistent portion control

>> LOW FAT

High quality, low-cost protein

>> ALL NATURAL

No additives

>> SINGLE FROZEN

Maintains premium texture and flavor

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PORTIONS PER CASE	GTIN #
Flounder Fillets — Deep Skinned, Pin Bone Out, IQF				
411296	2 oz. Flounder Fillets IQF	1/10 lb.	80	0 00 28029 11296 2
411297	3 oz. Flounder Fillets IQF	1/10 lb.	53	0 00 28029 11297 9
411298	4 oz. Flounder Fillets IQF	1/10 lb.	40	0 00 28029 11298 6
411299	5 oz. Flounder Fillets IQF	1/10 lb.	32	0 00 28029 11299 3
411301	6 oz. Flounder Fillets IQF	1/10 lb.	27	0 00 28029 11301 3
411302	7 oz. Flounder Fillets IQF	1/10 lb.	23	0 00 28029 11302 0
411303	8 oz. Flounder Fillets IQF	1/10 lb.	20	0 00 28029 11303 7
DIMENSION: (L x W x D) 16.13" L x 10.5" W x 4.5" D		GROSS WEIGHT: 11.2 lb.	CUBE: .44	TI HI: 12 x 7
411304	9 oz. Flounder Fillets IQF	1/25 lb.	45	0 00 28029 11304 4
411305	10+ oz. Flounder Fillets IQF	1/25 lb.	45	0 00 28029 11305 1
DIMENSION: (L x W x D) 24" L x 13" W x 6.63" D		GROSS WEIGHT: 28.45 lb.	CUBE: 1.20	TI HI: 6 x 8

Species Information

The interchangeable terms of flounder and sole apply to several species of Pacific flatfish. All are extremely lean featuring pure white, boneless fillets. Alaskan Flounder and Sole are highly valued for their delicate flavor and tight moist flake.

HANDLING INSTRUCTIONS

Keep frozen until ready to thaw. Remove all packaging. Place on tray or plate. Cover with a plastic wrap or wax paper and thaw in refrigerator for 16–24 hours. Keep thawed product refrigerated and use within 2–3 days.

COOKING INSTRUCTIONS:

Remove all packaging. Oven temperatures vary. Cook to an internal temperature of 145°F. From thawed, allow 10 minutes of cooking time per inch of thickness at 350°F until fish flakes easily when tested with a fork.

From frozen, double the cooking time.

Fish is best when the flesh has just turned opaque and is still moist throughout.

Nutrition Facts	
Serving Size 1 piece (113 g/4 oz)	
Amount Per Serving	
Calories	100
	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 100mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Flounder/Sole. Contains Fish (Flounder/Sole)



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