

lemon sole

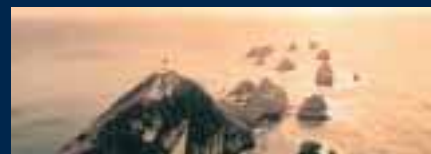
Nototodarus sloanii



new zealand lemon sole



NGĀI TAHU SEAFOOD



Lemon Sole

(Pelotretis flavilatus)

New Zealand Sole

(Peltorhamphus novaezeelandiae)

Background Information

- Lemon Sole and New Zealand Sole are species endemic to New Zealand habitat. Lemon sole is similar to European Sole species.
- Distributed throughout New Zealand's coastal waters, generally from near shore out to 100m. Most common around east coast of South Island.
- Main catching season is October to March.
- Soles have white meat and delicate texture.

Packaging Specifications

- Frozen gilled and gutted, IWP, in 5kg or 10kg boxes

| | | |
|--------|--------------|-------------|
| Grades | A 175 -250g | E 500 -600g |
| | B 250 – 325g | F 600 -700g |
| | C 325 -400g | G 700 -800g |
| | D 400 -500g | H 800g+ |

Storage and Handling

- Frozen
- Best stored at -18°C (0°F) in supplied strapped cartons to avoid freezer burn/dehydration.

Lemon Sole – Nutritional Information

(per 100g edible portion – approximate)

| | Amount Per serving | % Daily Value* |
|--------------------|-----------------------|----------------|
| Total Calories | 45 | - |
| Calories from Fat | 10 | - |
| Total fat | 1g | 1 |
| Saturated Fat | 0g | 0 |
| Cholesterol | 90mg | 30 |
| Sodium | 135mg | 6 |
| Total Carbohydrate | 0g | 0 |
| Dietary Fibre | 0g | 0 |
| Sugars | 0g | 0 |
| Protein | 9 | - |
| Vitamin A | - | 0 |
| Vitamin C | - | 0 |
| Calcium | - | 0 |
| Iron | - | 2 |