

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

756263
12 May 2026
12 May 2026
9ddb66728c0248489556cdd6c28b6323



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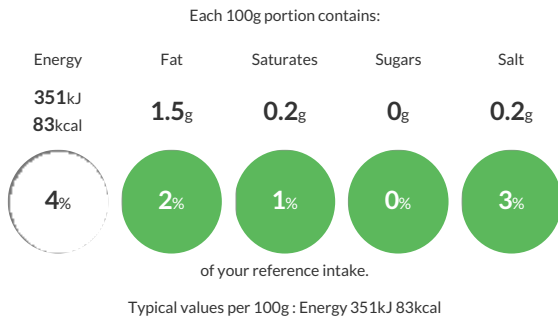
Whole South Coast Lemon Sole, dark skin off, trimmed & Head off (6 x 340-454g)

Short Product Name:
Lemon sole

Whole South Coast Lemon Sole, dark skin off, trimmed & Head off (6 x 340-454g)

Traded Unit GTIN: Internal GTIN: Supplier: **M&J Seafood** Suppliers Product Code: **756263**

Reference Intake



Nutritional Information

Typical Values	Per 100g
Energy	351kJ 83kCal
Carbohydrates	0g
of which sugars	0g
Fat	1.5g
of which saturates	0.2g
Fibre	0g
Protein	17.4g
Salt	0.2g

Allergy Information

Key: **Contains** **May Contain**



Dietary Information

Key: **Suitable for**



Ingredients

Lemon Sole (*Microstomus kitt*) (FISH).