Supplier's Product Code :	756263
Product Added :	01 October 2026
Last Updated by Supplier :	01 October 2026
erudus id :	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 : Sysco GB Limited Suppliers Product Code : 756263

Reference Intake

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt
351kJ 83kcal	1.5g	0.2g	0g	0.2g
4%	2%	1%	0%	3%

of your reference intake.

Typical values per 100g : Energy 351kJ 83kcal

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

- Does Not Contain Cereal/Gluten
- Does Not Contain Milk
- Does Not Contain Eggs
- Does Not Contain Peanuts
- Does Not Contain Nuts
- Does Not Contain Crustaceans
- Does Not Contain Mustard
- Contains Fish
- Does Not Contain Lupin
- Does Not Contain Sesame
- Does Not Contain Celery
- Does Not Contain Soya
- Does Not Contain Molluscs
- Does Not Contain Sulphur Dioxide

Dietary Information

Key: Suitable for

- NO DATA for Vegetarian
- NO DATA for Vegan
- May not be suitable for Kosher
- May not be suitable for Halal
- NO DATA for Coeliac

Ingredients

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