

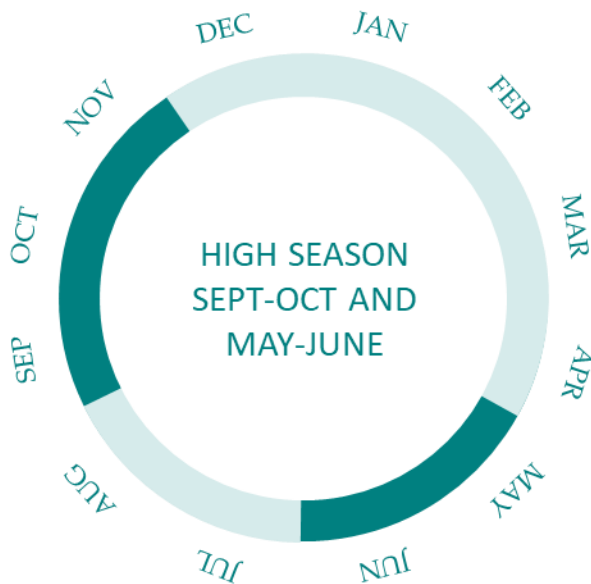


Lemon Sole (*Microstomus Kitt*) Fresh & Frozen

Options:

Skin on fillets
Skinless/boneless
Single frozen IQF
Fresh by air
All sizes

Lemon Sole is a common flatfish which spends most of its time on the sandy and muddy bottom in the shallow areas close to the coast and can be round all around Iceland. Lemon Sole is delicate and sweet in taste.



Nutrition Facts

4oz (100g) of raw Lemon Sole contains

Energy:	86 kcal
Protein:	17.1 g
Unsaturated Fat:	0 g
Saturated Fat:	0.3 g
Cholesterol:	50 mg