



Wild Alaska

SOLE

VERSATILE AND APPEALING

Also known as flounder, Alaska Sole is a lean, tender fish with a mild flavor that makes it widely appealing to consumers. This versatile, low-calorie flatfish is also highly adaptable to both lighter eating styles and interesting ethnic favorites.

AVAILABLE YEAR-ROUND

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. With several different species available (including Dover, Flathead, Rex, Rock, and Yellowfin as well as Alaska Plaice and Arrowtooth Flounder), Alaska Sole is harvested in Southeast Alaska, the Bering Sea, and the Gulf of Alaska—and it is available year-round.

MILD FLAVOR AND TENDER TEXTURE

Known for its delicate, mild flavor, pearly-white color and tender, yet meaty texture, Alaska Sole enjoys wide popularity.

EASY TO PREPARE

Most commonly marketed as skinless, boneless fillets, Alaska Sole is ready-to-use, boasting quick, easy preparation with no waste, at a cost that's very reasonable. The best cooking methods require minimal handling, such as poaching, steaming, and sautéing, making Alaska Sole ideal for today's health-oriented consumers.

SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries. Alaska's fisheries adhere to the most recognized and internationally accepted set of guidelines, written by the United Nation's Food and Agriculture Organization (FAO). By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.

The Alaska Seafood logo affirms your support for SUSTAINABLE FISHERIES.



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SOLE



NUTRITION FACTS

Serving Size: 3.5 oz. (100g)
Cooked, Edible Portion

Calories	120
Protein	24g
Total Fat	1.5g
Saturated Fat	<0.5g
Sodium	105mg
Cholesterol	70mg
Omega-3 Fatty Acids	500mg



COMMON MARKET NAMES / SCIENTIFIC NAMES

- Alaska Sole/Flounder
- Alaska Plaice/Pleuronectes quadrituberculatus
- Arrowtooth Flounder/Artheresthes stomias
- Dover Sole/Microstomus pacificus
- Flathead Sole/Hippoglossoides elassodon
- Rex Sole/Errex zachirus
- Rock Sole/Pleuronectes bilineatus
- Yellowfin Sole/Pleuronectes asper

HARVESTING SEASONS:

- Year-round

SIZES:

- Whole average 1-5 lbs.
- Alaska Plaice fillets average 3-10 oz.
- Arrowtooth fillets average 3-8 oz.
- Dover fillets average 5-10 oz.
- Flathead fillets average 2-7 oz.
- Rex fillets average 3-8 oz.
- Rock fillets average 2-5 oz.
- Yellowfin fillets average 2-5 oz.

HABITAT:

- Found on soft bottoms at depths from 2 meters to about 1371 meters

HARVEST METHOD:

- Trawling

FOOD SAFETY:

- HACCP

ADDITIVES:

- None

PRODUCT FORMS:

- Whole
- Dressed/headed (H&G)
- Fillets

PRODUCT PACKING:

- Frozen: Dressed/headed (H&G) 35-42 lb. bags; IQF fillets 10, 25, and 40 lb. master pack

FOOD SOURCE:

- Includes plankton, worms, bivalves, brittlestars, and small crustaceans

OTHER INFORMATION:

- All species are mild, sweet flavored with a medium texture
- Most are thin fillets except for Rex Sole and Flathead Sole, which are somewhat thicker



Wild, Natural & Sustainable®

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For more information and promotional materials, visit the
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