

**North  
pacific**  
SEAFOODS™

*Alaska Flatfish*



# Alaska Flatfish

Rex Sole *Errex zachirus*  
 Rock Sole *Pleuronectes bilineatus*  
 Yellowfin Sole *Limanda aspera*  
 Arrowtooth Flounder *Atheresthes stomias*

**A**laska offers a bounty of flatfish, with four of the most popular species being rex sole, rock sole, yellowfin sole and arrowtooth flounder. Whether they are called sole or flounder, all share similar characteristics of lean, white fillets with a delicate flavor and texture.

The largest flatfish fishery in the United States, yellowfin sole is a small fish that averages less than a pound when harvested. Also very abundant, the arrowtooth flounder is a much larger fish, weighing up to 15 pounds. It is characterized by a softer texture. Prized for its sweet flavor and fine texture, rex sole normally weigh in at under two pounds. Rock sole is the second largest flatfish fishery in the United States. It has a slightly meatier fillet that is popular in the domestic market.

Delicate in flavor, Alaska flatfish can be poached, sautéed, or baked. Their mild flavor is often enhanced with a sauce, but can be overpowered by strong flavors. When handled with care, these species are a favorite item on menus worldwide.

## Product Specifications

Frozen Alaska flatfish products are available during key harvest times from North Pacific Seafoods. The fish is caught by trawl and the fishery is closely monitored by federal observers to protect the environment and maintain the sustainability of the resource for future years. Our scheduling of the fishing fleet coupled with our processing and shipping systems ensures the freshness and traceability of Alaska flatfish products.

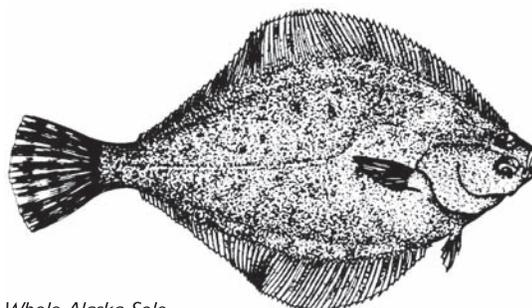
Species	Size of Fish/Fillet	Carton Size (pounds)
Rex sole	under 600g, 600g up	50
Rock sole, yellowfin sole, (whole)	under 600g, 600g up	50
Arrowtooth flounder (dressed)	Ocean run	50

The chart above lists our most common pack sizes. Other packs are available by customer request.

## Nutrition Facts

Serving Size 3.5 oz (100g)	Alaska Sole
Calories	117
Fat	1.5g
Saturated Fat	0.4g
Cholesterol	68mg
Sodium	105mg
Protein	24g

Source: USDA National Nutrition Database, Release 17.  
 More detailed nutritional information is available upon request.



Whole Alaska Sole