



## High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Fillets, approx. 142 g / 5 oz

Haddock is a lean, firm white fish with a delicate flake and slightly sweet taste giving it wonderful, melt-in-your-mouth appeal. Portion controlled for consistent plate presentation and food cost. Individually quick-frozen (IQF).

Product Last Saved Date: 17 February 2025



## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (142 g)**

Amount Per Serving

**Calories 100**

% Daily Value\*

**Total Fat** 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 75 mg **%**

**Sodium** 300 mg **13%**

**Total Carbohydrates** 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 23 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 0.2 mg **1%**

Potassium 400 mg **9%**

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Product Specifications :

Code	GTIN	Type Of Catch
2005	10061763020053	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.6 CMT	31.9 CMT	13.3 CMT	0.016 MTQ	9x14	540 Days	-25 CEL / -18 CEL

### Ingredients :

Haddock. Contains: Haddock (fish).

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW remove from all packaging and place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

### Serving Suggestions:

This family favourite is famous for its 'Fish and Chip' application but also works well baked, broiled, poached, sautéed or steamed.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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Page 1 of 1

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