



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: 04 June 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	

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:

