



10 Lb (4.54 kg) Battered Haddock Fillets Skin-On Approx. 10 oz, MSC

It doesn't get any bigger or better than Big Bob's Belly Buster® Battered Skin-On Haddock Fillets. Here, larger-than-life fillets are dipped in comfort food quality seasoned batter for the ultimate “wow” factor in flavor, plate coverage, consistency, and appeal. Whether baked or fried, each cooks up from frozen in minutes to please the biggest appetites.

Product Last Saved Date: 20 October 2025



Nutrition Facts

16 Servings per container
Serving Size 10 oz (280g / About 1 Filet)

| Amount Per Serving | |
|---------------------------|-----|
| Calories | 520 |
| % Daily Value* | |
| Total Fat 24 g | 31% |
| Saturated Fat 4 g | 19% |
| Trans Fat 0 g | |
| Cholesterol 105 mg | 36% |
| Sodium 650 mg | 28% |
| Total Carbohydrates 36 g | 13% |
| Dietary Fiber 1 g | 4% |
| Total Sugars 0 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 37 g | |
| Vitamin D 0.9 mcg | 4% |
| Calcium 30 mg | 2% |
| Iron 2.1 mg | 10% |
| Potassium 610 mg | 15% |

* 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 |
| 10023826 | 00079149238261 | WILD |

| Brand | GPC Description |
|------------------|------------------------------------|
| High Liner Foods | Fish - Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 11 LBR | 10 LBR | N/A | Undeclared | No |

| Shipping Information | | | | | | |
|----------------------|------------|-----------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 15.8125 INH | 7.8125 INH | 8.625 INH | 0.6166 FTQ | 15x5 | 540 Days | -10 FAH / 0 FAH |

| Ingredients : | | | | | | |
|--|--|--|--|--|--|--|
| HADDOCK, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, SALT, SPICES, AUTOLYZED YEAST EXTRACT, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), YELLOW 5, YELLOW 6. CONTAINS: FISH (HADDOCK), WHEAT | | | | | | |

| Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'): | | |
|--|-----------------|---------------|
| Eggs - 30 | Milk - 30 | Soy - 30 |
| Fish - C | Wheat - C | TreeNuts - 30 |
| Peanuts - 30 | Crustacean - 30 | Sesame - 30 |

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 7-9 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal as an eye-catching entrée, hearty-sized fish basket or unbeatable oversized sandwich. Pairs well with a variety of sauces and sides that complement such big, bold flavors.

Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

