

# 1/10 LB 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: 02 December 2024



## Nutrition Facts

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

**Amount Per Serving**  
**Calories 520**

% Daily Value\*

<b>Total Fat</b> 24 g	<b>31%</b>
Saturated Fat 4 g	<b>19%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 105 mg	<b>36%</b>
<b>Sodium</b> 650 mg	<b>28%</b>
<b>Total Carbohydrates</b> 36 g	<b>13%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 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 - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### 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:



