



## 10 Lb (4.54 kg) IQF Haddock Loins, 5 oz, MSC

Fishery Product IQF Haddock Loins are a long-time New England favorite and represent the premium portion of this species. These high-quality loins are individually quick frozen for lasting quality and freshness. Each is perfectly portioned for easy preparation and recipe versatility across a variety of applications.

Product Last Saved Date: 20 October 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

32 Servings per container

**Serving Size 5 oz (140g / About 1 Loins)**

Amount Per Serving

**Calories 90**

% Daily Value\*

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

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 70 mg **23%**

**Sodium** 220 mg **10%**

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

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 21 g

Vitamin D 0.6 mcg **2%**

Calcium 0 mg **0%**

Iron 0 mg **0%**

Potassium 370 mg **8%**

\* 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
1080284	10035493802845	WILD

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.975 LBR	10 LBR	CN, VN, TH, ID	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.784 INH	12.580 INH	4.687 INH	0.504 FTQ	9x9	540 Days	-10 FAH / 0 FAH

### Ingredients :

HADDOCK, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK)

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Haddock - *Melanogrammus aeglefinus*

### Serving Suggestions:

Perfect for fish fry menu items, as center of the plate, or for craft fish chowder. Pairs well with your own complementary sauces and sides.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

