



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: 21 August 2025



Nutrition Facts

32 Servings per container
Serving Size 5 oz (140g / About 1 Loin)

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'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

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:

