



High Liner Signature, 4.54 kg / 10 lb, Canadian Haddock Fillets, approx. 113 g / 4 oz

Canadian sourced. Wild caught. Mild, slightly sweet taste with firm texture and delicate flake. Marine Stewardship Council CoC certified as a sustainable fishery. Portion controlled for consistent plate presentation and food cost.

Product Last Saved Date: 13 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 fillet (113 g)

Amount Per Serving
Calories **80**

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 60 mg	%
Sodium 240 mg	10%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%

Protein 18 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.2 mg	1%
Potassium 300 mg	6%

* 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
4004	10061763040044	

Brand	GPC Description
High Liner Signature	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.955 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	30.3 CMT	12.1 CMT	0.014 MTQ	10x15	540 Days	

Ingredients :
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, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

Haddock is very versatile, and is ideal baked, broiled, poached, sautéed, steamed or pan fried.

Species / Scientific Name:

Claims & Child Nutrition:

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

