632796 - 1/10 LB Oven Ready Breaded Haddock Rectangles 3 oz, K...

High Liner Foodservice Breaded Haddock Rectangles are tender portions of wild caught Haddock that are quick and easy to prepare. Each oven-ready portion is coated with kid-friendly seasoned breading, and bakes from frozen in minutes to ensure a delicious crunch with moist flaky fish in every bite. An excellent choice for Child Nutrition-approved applications that appeals to kid...





MARKETING



Nutrition Facts

53 Servings per container

Serving Size 1 Portion (84a)

Amount Per Serving Calories

Sodium 250 ma

11%

4%

	% Daily Value*
Total Fat 7 g	10%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 30 mg	10%

Total Carbohydrates 16 g	6%
Dietary Fiber 1 g	2%
Total Sugars 0 g	

Total Sugars 0 g Includes 0 g Added Sugars 0%

Protein 11 g Vitamin D 0 mcg 0% Calcium 0 mg 0% Iron 1 ma 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	Dist Prod Code GTIN		Calculated Pack	
10001110	632796	10073538011104	2/5 LB	

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Yes	Yes

Shipping						
Length Width Height Volume TIxHI 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

ALLERGENS







65.0% HADDOCK; 35% BATTER AND BREADING:

C = 'Contains', MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

(취) Milk - N

(%) Peanuts - N

(n) Eggs - N

(1) Tree Nuts - N

🗞 Soy - N

Fish - C

(🎕) Wheat - C

(M) Shellfish - NI

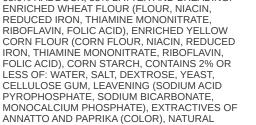
Sesame - N

Keep Frozen

INGREDIENTS

(HADDOCK), WHEAT

Potassium 180 mg



FLAVOR. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS

Ideal as an entrée for school lunch, healthcare or

of sides and traditional or signature sauces.

senior living center dining. Pairs well with a variety

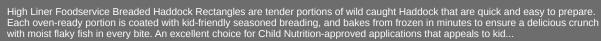
COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-17 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

MORE INFORMATION



Website: www.highlinerfoods.com.

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NUTRITIONAL ANALYSIS

Calories	180
Protein	11 g
Total Carbohydrates	16 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

7 g
0 g
1 g
0 g
30 mg
0 mcg

Sodium	250 mg
Calcium	0 mg
Iron	1 mg
Potassium	180 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

		_	

FIS	SH	CONTAINS
sc	Y	CONTAINS

WHEAT	CONTAINS
KOSHER	YES

CORN	CONTAINS
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MORE IMAGES





