

## 10 Lb (4.54 kg) IQF Skinless / Boned Haddock 8 - 10 oz

High Liner Foodservice Haddock Skinless Fillets are wild caught, individually quick frozen, and offer a lot of recipe leeway in the kitchen. Each fillet cooks to desired perfection, preserving the slightly sweet, melt-in-your-mouth appeal unique to this species. A versatile, truly easy to prepare option that enhances any application you have in mind.

Product Last Saved Date: 20 October 2025

# **Nutrition Facts**

18 Servings per container

Serving Size 9 oz (252g/About 1 Fillet)

Amoun	t Per Servin	g
Cal	ories	

170

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 125 mg	41%
Sodium 390 mg	17%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
<b>Protein</b> 37 g	
Vitamin D 1 mcg	6%
Calcium 30 mg	2%
Iron 0.4 mg	2%
Potassium 660 mg	15%

Product Specifications :				
Code	GTIN	Type Of Catch		
21025131	10073538251319	WILD		

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.813 INH	7.625 INH	0.5452 FTQ	15x6	547 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 - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

### Prep & Cooking Suggestions:

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

## Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

#### Serving Suggestions:

Perfect for everyday chowder, but also makes for the ideal center of the plate entrée. Pairs extremely well with a variety of sauces and sides.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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