

# 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)

Amount Per Serving  
**Calories 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 **%**

**Protein** 37 g

Vitamin D 1 mcg **6%**

Calcium 30 mg **2%**

Iron 0.4 mg **2%**

Potassium 660 mg **15%**

\* 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 |
|----------|----------------|---------------|
| 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     | TlxHI | 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' 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 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:

