



## 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: 01 July 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'):		
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 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:

