



10 Lb (4.54 kg) Haddock Fillets, Skinless / Boned, Single Frozen,
8 - 10 oz, MSC

Icelandic IQF Haddock Fillets are wild caught in the pristine waters of Iceland and individually quick frozen to preserve the species' famously mild, sweet flavor and delicate melt-in-your-mouth flay texture. Recipe-ready and easy to prepare, this Haddock offers amazing versatility across a variety of applications.

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	190
% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 140 mg	46%
Sodium 170 mg	8%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 42 g	
Vitamin D 1.1 mcg	6%
Calcium 30 mg	2%
Iron 0.4 mg	2%
Potassium 730 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
21005355	10073538053555	WILD

Brand	GPC Description
Icelandic	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.81 INH	11.81 INH	5.62 INH	0.6073 FTQ	10x9	540 Days	-10 FAH / 0 FAH

Ingredients :
HADDOCK. 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:

Ideal for fish and chips, center of the plate entrées, or portioned atop a salad. Pairs well with a variety of your complementary sauces and sides.

Claims & Child Nutrition:

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

