

10 Lb (4.54 kg) Pub Style Haddock Portions 3 oz, MSC

Pub Style Battered Haddock portions offer your menu deliciously authentic pub fare without the pub. These wild caught, natural cut portions are dipped in a classic, robustly seasoned English style batter. Each fries or bakes to crunchy, irresistible perfection, with excellent plate consistency and the right amount of pub style appeal

Product Last Saved Date: 20 October 2025



Nutrition Facts

53 Servings per container

Serving Size 3 oz (84g / about 1 piece)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 7 g **9%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 30 mg **10%**

Sodium 300 mg **13%**

Total Carbohydrates 11 g **4%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 mg Added Sugars **0%**

Protein 10 g

Vitamin D 0.2 mcg **2%**

Calcium 10 mg **0%**

Iron 0.7 mg **4%**

Potassium 170 mg **4%**

* 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
12300322	10035493003228	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.72 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	547 Days	-10 FAH / 0 FAH

Ingredients :

HADDOCK, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, NATURAL FLAVORS, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED GARLIC, WHEY, SPICES, DEXTROSE, YELLOW 5, YELLOW 6. CONTAINS: HADDOCK (FISH), WHEAT, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - C	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-6 minutes. TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 15 - 16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Serving Suggestions:

Pub Style Battered Haddock portions are a no-brainer for fish and chips, baskets, as a pub-inspired sandwich, or portioned atop an entrée salad. They pair extremely well with malt vinegar or any complementary sauce you have in mind.

Species / Scientific Name:

Haddock - *Melanogrammus aeglefinus*

Claims & Child Nutrition:

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



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

Page 1 of 1

Printed on 11 March 2026
Powered by Syndigo LLC - <http://www.syndigo.com>