



MARKETING

PRODUCT SPECIFICATIONS

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Code		Dist Prod Code		GTIN		Calculated Pack
10025916		632635		10073538259162		1 x 10#
Brand	Brand Owner			GPC Description		
High Liner	High Liner Foods Inc.			Fish - Prepared/Processed (Frozen)		
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No		United States	Undeclared	No
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE		N/A	

HANDLING SUGGESTIONS

Keep Frozen

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

Milk - N

Eggs - N

Soybean - N

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - C

Shellfish - NI

Crustaceans - N

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 1 Fillet)

Amount Per Serving

Calories230

% Daily Value\*

Total Fat 10 g13%

Saturated Fat 1.5 g8%

Trans Fat 0 g

Cholesterol 40 mg13%

Sodium 520 mg22%

Total Carbohydrates 19 g7%

Dietary Fiber 1 g2%

Total Sugars 0 g

Includes 0 g Added Sugars0%

Protein 13 g

Vitamin D 0 mcg0%

Calcium 0 mg0%

Iron 1 mg6%

Potassium 220 mg4%

\* 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.

INGREDIENTS

HADDOCK, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), BEER (MALTED BARLEY, WATER, HOPS, YEAST), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, WHITE CORN FLOUR, NATURAL FLAVORS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES, SUGAR, DEXTROSE. CONTAINS: FISH (HADDOCK), WHEAT

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-8 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 14-18 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM

SERVING SUGGESTIONS

Ideal for pub-style entrées, fish and chips baskets or as a sandwich. Pairs well with malt vinegar and a variety of traditional cocktail sauces or your complementary sauce recipes. Our Yuengling® battered haddock fillet is perfect for a traditional fish n' chips along with a side of fries and hush puppies

MORE INFORMATION

Website : [www.highlinerfoods.com](http://www.highlinerfoods.com).

NUTRITIONAL ANALYSIS

Calories	230	Total Fat	10 g	Sodium	520 mg
Protein	13 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	19 g	Saturated Fat	1.5 g	Iron	1 mg
Sugars	0 g	Added Sugars	0 g	Potassium	220 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

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