



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10025916	632635	10073538259162	2/5 LB

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	TlxHl	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

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
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

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

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

HANDLING SUGGESTIONS

Keep Frozen

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

MORE INFORMATION

Website : www.highlinerfoods.com.

Nutrition Facts

40 Servings per container

Serving Size112g/About 1 Fillet

Amount Per Serving

Calories230

% Daily Value*

Total Fat10 g13%

Saturated Fat1.5 g8%

Trans Fat0 g

Cholesterol40 mg13%

Sodium520 mg22%

Total Carbohydrates19 g7%

Dietary Fiber1 g2%

Total Sugars0 g

Includes 0 g Added Sugars0%

Protein13 g

Vitamin D0 mcg0%

Calcium0 mg0%

Iron1 mg6%

Potassium220 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.

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	Thiamin	
Vitamin A (IU)		Vitamin D	0 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS

FISH	CONTAINS	WHEAT	CONTAINS	SOY	CONTAINS
CORN	CONTAINS	BARLEY	CONTAINS		

MORE IMAGES

