



## 4/12 Lb Frozen-At-Sea Haddock Fillets 8 - 16 oz, MSC

Icelandic Frozen-At-Sea Haddock Fillets are wild caught in the pristine waters of Iceland and frozen at sea for peak freshness. Representing Haddock at its best, these recipe-ready fillets are easy to prepare, and cook to desired perfection, preserving this species' famously mild, sweet flavor and melt-in-your-mouth, flaky texture. A versatile choice for a range of menu applications.

Product Last Saved Date: 04 December 2024



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

48 Servings per container

**Serving Size 4 oz (112g / About 1/3 Fillet)**

Amount Per Serving

**Calories 80**

% Daily Value\*

**Total Fat** 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 60 mg **20%**

**Sodium** 75 mg **3%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 19 g

Vitamin D 0.5 mcg **2%**

Calcium 0 mg **0%**

Iron 0 mg **0%**

Potassium 320 mg **6%**

\* 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 |
|----------|----------------|---------------|
| 21052041 | 10073538520415 | WILD          |

| Brand     | GPC Description                        |
|-----------|--|
| Icelandic | Fish - Unprepared/Unprocessed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher     | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 51 LBR       | 48 LBR     | Iceland           | Undeclared | No          |

| Shipping Information |        |        |            |       |            |                      |
|----------------------|--------|--------|------------|-------|------------|----------------------|
| Length               | Width  | Height | Volume     | TlxHI | Shelf Life | Storage Temp From/To |
| 18.25 INH            | 11 INH | 10 INH | 1.1617 FTQ | 9x4   | 547 Days   | -10 FAH / 0 FAH      |

### Ingredients :

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:

COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Haddock - *Melanogrammus aeglefinus*

### Serving Suggestions:

Ideal for any Haddock entrée that calls for the freshest catch, from fine dining to lighter, healthier entrées. Also ideal for fish and chips. Pairs well with a variety of complementary sauces and sides.

### Claims & Child Nutrition:

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

