

# 1/10 LB Haddock Fillets, Skinless / Boned Single Frozen, 6 - 8 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: 02 December 2024



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

23 Servings per container

Serving Size 7 oz (196g / About 1 Fillet)

Amount Per Serving

**Calories 150**

% Daily Value\*

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

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 105 mg **36%**

**Sodium** 135 mg **6%**

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

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 32 g

Vitamin D 0.9 mcg 4%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 570 mg 10%

\* 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
21005328	10073538053289	WILD

Brand	GPC Description
Icelandic	Fish - Unprepared/Unprocessed (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	10x15	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:

