

10 Lb (4.54 kg) 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: 06 February 2026



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	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.6 INH	11.65 INH	5.24 INH	0.551 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' INII='Intentionally nor Inherently Included'):

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

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:

