

High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Portions, approx. 85 g / 3 oz

Haddock is a white fish with mild flavour that is low in fat. It is suited for any style of cooking. High Liner Foodservice brand Haddock is a great option for Fish & Chips, pan-frying, baking or broiling. Individually quick-frozen for your convenience. MSC certified.

Product Last Saved Date: 05 March 2026



Nutrition Facts

Servings per container

Serving Size Per about 1 portion (85 g)

Amount Per Serving

Calories 50

% Daily Value*

Total Fat 0.3 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 40 mg **%**

Sodium 130 mg **6%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 12 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 0.1 mg **1%**

Potassium 225 mg **5%**

* 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
1080261	00059111802614	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.565 KGM			Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.4 CMT	31.7 CMT	11.8 CMT	0.014 MTQ	9x15	540 Days	

Ingredients :

Haddock, Water, Sodium phosphate (to retain moisture). Contains: Haddock (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Broil, pan-fry, bake or batter/bread and deep fry.

Claims & Child Nutrition:

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

