

High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Fillets, approx. 142 g / 5 oz

Haddock is a premium white fish that is low in fat. High Liner Foodservice Haddock Fillets are individually quick frozen for convenience. With a mild sweet flavour, Haddock can be used to prepare an array of dishes with different cooking methods. MSC Certified.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (142 g)

Amount Per Serving

90

Calories	90
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 70 mg	%
Sodium 410 mg	18%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 21 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.2 mg	1%
Potassium 350 mg	7%

Product Specifications :					
Code	GTIN	Type Of Catch			
8882	10061763088824				

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
37 CMT	25.1 CMT	15.1 CMT	0.014 MTQ	11x11	547 Days	

Ingredients:

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

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
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.

Serving Suggestions:

Wrap bacon or proscuitto around Haddock fillets and grill on the barbeque, pair with a cherry tomato, caper and olive topping.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

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





Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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