



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  
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% |

\* 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 |
|------|----------------|---------------|
| 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    | TlxHI | 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.

Species / Scientific Name:

Serving Suggestions:

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

Claims & Child Nutrition:

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

