

# 632884 - 1/10 LB Oven Ready Breaded Haddock Rectangles 4 oz, K...

High Liner Foodservice Breaded Haddock Rectangles are tender portions of wild caught Haddock that are quick and easy to prepare. Each oven-ready portion is coated with kid-friendly seasoned breading, and bakes from frozen in minutes to ensure a delicious crunch with moist flaky fish in every bite. An excellent choice for Child Nutrition-approved applications that appeals to kid...



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
10001310	632884	10073538013108	40 x 4 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.723 LBR	10 LBR	No	United States	Yes	Yes

Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	540 Days	-10 FAH / 0 FAH

## HANDLING SUGGESTIONS



Keep Frozen

## SERVING SUGGESTIONS



Ideal as an entrée for school lunch, healthcare or senior living center dining. Pairs well with a variety of sides and traditional or signature sauces.

## PREPARATION & COOKING SUGGESTIONS



**COOKING INSTRUCTIONS: CONVECTION OVEN:** Bake frozen portions at 400°F for 12-14 minutes.  
**CONVENTIONAL OVEN:** Bake frozen portions at 425°F for 18-20 minutes. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.**

# Nutrition Facts

40 Servings per container

**Serving Size** 1 Rectangle (112g)

**Amount Per Serving**  
**Calories** **230**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 40 mg **14%**

**Sodium** 320 mg **14%**

**Total Carbohydrates** 20 g **7%**

Dietary Fiber 1 g **2%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 15 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1.2 mg 6%

Potassium 250 mg 6%

\* 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.

## INGREDIENTS



67.0% HADDOCK; 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: WATER, SALT, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVOR. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (HADDOCK), WHEAT

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived from Ingredients'; NI = 'No Info'

Milk - N Peanuts - N

Eggs - N Tree - N

Soybean - N Fish - C

Wheat - C Shellfish - NI

Sesame - N Crustaceans - N

## MORE INFORMATION



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### NUTRITIONAL ANALYSIS



Calories	230
Protein	15 g
Total Carbohydrates	20 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	40 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	320 mg
Calcium	0 mg
Iron	1.2 mg
Potassium	250 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS



KOSHER	YES
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### MORE IMAGES

