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...



1 Rectangle (112g)



MARKETING

Nutrition Facts

40 Servings per container

Serving Size

Amount Per Serving

Calories

Sodium 320 mg

14%

0%

	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 40 mg	14%

Total Carbohydrates 20 g	7%
Dietary Fiber 1 g	2%
Total Cugara O a	

Total Sugars 0 g Includes 0 g Added Sugars

Protein 15 g Vitamin D 0 mcg 0%

Calcium 0 mg 0% Iron 1.2 ma 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.

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

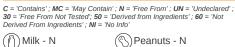
Shipping							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
ı	15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	540 Days	-10 FAH / 0 FAH

ALLERGENS





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



(%) Peanuts - N



(1) Tree Nuts - N



Fish - C





(M) Shellfish - NI

(%) Sesame - N

Keep Frozen

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

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS

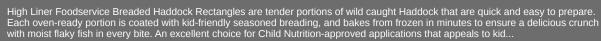
COOKING INSTRUCTIONS: CONVECTION OVEN:

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.

MORE INFORMATION



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





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

MORE IMAGES





