

# 632634 - 10/5 LB Haddock Fillets, Cello Pack, Skinless / Boned...

Icelandic Haddock Cello Fillets are wild caught in the pristine waters of Iceland and represent Haddock at its best. These premium quality cello fillets can be portioned to preference to reduce waste. And each easily cooks to desired perfection, with a mild, sweet flavor, and melt-in-your-mouth flaky texture that can enliven a variety of your Haddock recipes.



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
21005140	632634	10073538051407	10 x 5#

Brand	Brand Owner	GPC Description
Icelandic	High Liner Foods Inc.	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
54.233 LBR	50.0 LBR	No	Iceland	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	10 INH	12.25 INH	1.0634 FTQ	12x3	540 Days	-10 FAH / 0 FAH

## HANDLING SUGGESTIONS



Keep Frozen

## SERVING SUGGESTIONS



Versatile for a variety of entrées and dishes, from fine dining to fish chips, chowders and more. Pairs well with your own complementary sauces and sides.

## PREPARATION & COOKING SUGGESTIONS



Preparation Instructions: Baked: Thaw fillets enough to separate. Add salt to milk and mix. Dip fillets into milk and roll in crumbs; place in well greased baking pan. Pour melted butter or margarine over fillets. Bake in hot oven at 500°F for 10 minutes. Broiled: Thaw fillets enough to separate. Sprinkle with salt and pepper. Place fillets on a pre-heated greased pan about 2 inches from the heat and brush with melted butter or margarine. Broil 5 to 8 minutes. Baste and turn carefully. Brush other side with butter or margarine and broil an additional 5 to 8 minutes. Boiled: Thaw frozen fish fillets enough to separate and cut in pieces 2-3 inches long. Bring water to boiling point and add salt. Add fish and bring to a boil again. Boil gently for 3 minutes. Serve with melted butter. Pan Fried: Thaw fillets enough to separate. Sprinkle with salt and pepper. Beat an egg slightly and blend with 1 tablespoon of milk. Dip fillets in the egg + milk mixture. Fry fillets in moderate heat in about 1 /8...

## INGREDIENTS



HADDOCK. CONTAINS: FISH (HADDOCK).

## 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
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

## MORE INFORMATION



# Nutrition Facts

20 Servings per container

**Serving Size** 4 oz (112g)

**Amount Per Serving**  
**Calories** 80

% Daily Value\*

**Total Fat** 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 60 mg 20%

**Sodium** 75 mg 3%

**Total Carbohydrates** 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 19 g

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 320 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.

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### NUTRITIONAL ANALYSIS



Calories	80
Protein	19 g
Total Carbohydrates	0 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	60 mg
Vitamin D	0.5 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	75 mg
Calcium	0 mg
Iron	0 mg
Potassium	320 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS



### MORE IMAGES

