

Icelandic

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	10/5 LB

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

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 Nuts - N
- Soy - N
- Fish - C
- Wheat - N
- Shellfish - NI
- Sesame - N

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.

HANDLING SUGGESTIONS

Keep Frozen

MORE INFORMATION

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 inch butter or margarine and 1 tabl...

Nutrition Facts

20 Servings per container

Serving Size4 oz (112g)

Amount Per Serving

Calories80

% Daily Value*

Total Fat0.5 g1%

Saturated Fat0 g0%

Trans Fat0 g

Cholesterol60 mg20%

Sodium75 mg3%

Total Carbohydrates0 g0%

Dietary Fiber0 g0%

Total Sugars0 g

Includes 0 g Added Sugars0%

Protein19 g

Vitamin D0.5 mcg2%

Calcium0 mg0%

Iron0 mg0%

Potassium320 mg6%

* 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

HADDOCK. CONTAINS: FISH (HADDOCK).

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NUTRITIONAL ANALYSIS



Calories	80	Total Fat	0.5 g	Sodium	75 mg
Protein	19 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	0 g	Saturated Fat	0 g	Iron	0 mg
Sugars	0 g	Added Sugars	0 g	Potassium	320 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60 mg		
Vitamin A (IU)		Vitamin D	0.5 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



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