

1/10 LB Battered Haddock Wedges 5.33 oz, Kosher, MSC

High Liner Battered Haddock Wedges have all the quality, flavor, consistency and plate appeal you need. Made from quality wild caught Haddock, each just-right seasoned wedge bakes or fries from frozen to crunchy perfection in minutes, preserving the slightly sweet taste and tender, flakiness of this species. A simple to prepare option, with superior plate coverage and consistency for any application you have in mind.

Product Last Saved Date: 02 December 2024



Nutrition Facts

30 Servings per container

Serving Size 1 Portion (149g)

Amount Per Serving

Calories 310

% Daily Value*

Total Fat 13 g 17%

Saturated Fat 2 g **10%**

Trans Fat 0 g

Cholesterol 40 mg 13%

Sodium 820 mg 35%

Total Carbohydrates 33 g 12%

Dietary Fiber 1 g **3%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 15 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1.4 mg 8%

Potassium 240 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	GTIN	Type Of Catch
10001900	10073538019001	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

HADDOCK, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), YELLOW CORN FLOUR, MODIFIED CORN STARCH, BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: SALT, ENRICHED YELLOW CORN FLOUR CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), IODIZED SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES. CONTAINS: FISH (HADDOCK), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-6 minutes. TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-30 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

A no-brainer for fish and chips, as well as seafood platters and sandwiches. Pairs well with traditional seafood sauces or your own complementary sauce recipes.

Species / Scientific Name:

Haddock - *Melanogrammus aeglefinus*

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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