



# 10/5 LB Haddock Fillets, Cello Pack, Skinless / Boned, Single Frozen, MSC

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.

Product Last Saved Date: 26 August 2025



## Nutrition Facts

20 Servings per container	
<b>Serving Size</b>	<b>4 oz (112g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 60 mg	<b>20%</b>
<b>Sodium</b> 75 mg	<b>3%</b>
<b>Total Carbohydrates</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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.	

Product Specifications :		
Code	GTIN	Type Of Catch
21005140	10073538051407	WILD

Brand	GPC Description
Icelandic	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
54.233 LBR	50.0 LBR	Iceland	Undeclared	No

Shipping Information						
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

Ingredients :
HADDOCK. CONTAINS: FISH (HADDOCK).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & 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 tablespoon vegetable oil. Drain on absorbent paper. For food safety and quality, please follow these cooking instructions: Fish is fully cooked when it reaches an internal temperature of 1 65°F minimum. WARNING: While effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

### 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.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:

