



## 4/12 Lb Frozen-At-Sea Haddock Fillets 5 - 8 oz, MSC

Icelandic Frozen-At-Sea Haddock Fillets are wild caught in the pristine waters of Iceland and frozen at sea for peak freshness. Representing Haddock at its best, these recipe-ready fillets are easy to prepare, and cook to desired perfection, preserving this species' famously mild, sweet flavor and melt-in-your-mouth, flaky texture. A versatile choice for a range of menu applications.

Product Last Saved Date: 01 April 2025



# Nutrition Facts

30 Servings per container  
Serving Size 6.5 oz (185 g / About 1 Fillet)

Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 100 mg	33%
Sodium 125 mg	5%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 30 g	
Vitamin D 0.8 mcg	4%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 530 mg	10%
* 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
21052040	10073538520408	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
51.8 LBR	48 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
18.25 INH	11 INH	10 INH	1.1617 FTQ	9x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

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:

COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Serving Suggestions:

Ideal for any Haddock entrée that calls for the freshest catch, from fine dining to lighter, healthier entrées. Also ideal for fish and chips. Pairs well with a variety of complementary sauces and sides.

### Claims & Child Nutrition:

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

