



## High Liner Signature, 4.54 kg / 10 lb, Canadian Haddock Fillets, 113 - 170 g / 4 - 6 oz

Canadian sourced. Wild caught. Mild, slightly sweet taste with firm texture and delicate flake. Marine Stewardship Council CoC certified as a sustainable fishery. Portion controlled for consistent plate presentation and food cost.

Product Last Saved Date: 02 December 2025



Nutrition Facts	
Servings per container	
<b>Serving Size Per about 1 fillet (142 g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</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> 75 mg	<b>%</b>
<b>Sodium</b> 300 mg	<b>13%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 23 g	
Vitamin D	<b>%</b>
Calcium 20 mg	<b>2%</b>
Iron 0.2 mg	<b>1%</b>
Potassium 400 mg	<b>9%</b>
* 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
4005	10061763040051	

Brand	GPC Description
High Liner Signature	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.955 KGM			Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	30.3 CMT	12.1 CMT	0.014 MTQ	10x15	540 Days	

### Ingredients :

Contains: Haddock (fish).

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

### Serving Suggestions:

Haddock is very versatile, and is ideal baked, broiled, poached, sautéed, steamed or pan fried.

### Species / Scientific Name:

### 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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