



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Fillets, approx. 170 g / 6 oz

Haddock is a premium white fish that is low in fat. High Liner Foodservice Haddock Fillets are individually quick frozen for convenience. With a mild sweet flavour, Haddock can be used to prepare an array of dishes with different cooking methods. MSC Certified.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size Per about 1 fillet (170 g)**

Amount Per Serving  
**Calories 110**

	% 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> 85 mg	<b>%</b>
<b>Sodium</b> 480 mg	<b>21%</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> 25 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.3 mg	2%
Potassium 450 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
8883	10061763088831	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37 CMT	25.1 CMT	15.1 CMT	0.014 MTQ	11x11	547 Days	

### Ingredients :

Haddock, Water, Sodium phosphate (to retain moisture). Contains: Haddock (fish).

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

Wrap bacon or prosciutto around Haddock fillets and grill on the barbeque, pair with a cherry tomato, caper and olive topping.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

