

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

Haddock is a lean, white fish with a slightly sweet taste that gives it a wonderful, melt-in-the-mouth appeal. High Liner Foodservice Signature Haddock is our premium product, individually quick-frozen for optimum convenience. It is also packed without additives to give you the most natural taste and appearance. Why not try it in your favourite recipe tonight?

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (170 g)

Amount Per Serving

Calories 120

Calories	
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 90 mg	%
Sodium 360 mg	16%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 28 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.3 mg	2%
Potassium 500 mg	11%

Product Specifications :					
Code GTIN		Type Of Catch			
1003	10061763010030				

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
37.6 CMT	31.9 CMT	13.3 CMT	0.016 MTQ	9x14	540 Days	

Ingredients:

Haddock. 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 remove from all packaging and place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

Cajun haddock with roasted sweet potatoes. With its mild, slightly sweet flavour, haddock is meant for Cajun spices. Pairing it with sweet potatoes creates a sweet and spicy dish that will set your seafood options apart from the rest.

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) http://www.highlinerfoods.com Page 1 of 1

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