

# 632645 - 1/10 LB Pub Style Battered Haddock Fillets Approx. 4 ...

Pub Style Battered Haddock Fillets offer your menu deliciously authentic pub fare without the pub. These wild caught, natural cut fillets are dipped in a classic, robustly seasoned English style batter. Each fries or bakes to crunchy, irresistible perfection, with excellent plate consistency and the right amount of pub style appeal.



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
10021821	632645	00079149218218	40 x 4 OZ

Brand	Brand Owner	GPC Description
High Liner Foods	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	Canada	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

## Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g/About 1 Fillet)**

Amount Per Serving

**Calories 190**

% Daily Value\*

**Total Fat** 10 g **12%**

Saturated Fat 0.5 g **4%**

Trans Fat 0 g

**Cholesterol** 40 mg **13%**

**Sodium** 310 mg **14%**

**Total Carbohydrates** 13 g **5%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 13 g

Vitamin D 0 mcg **0%**

Calcium 0 mg **0%**

Iron 0.5 mg **2%**

Potassium 220 mg **4%**

\* 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.

## HANDLING SUGGESTIONS



Keep Frozen

## SERVING SUGGESTIONS



Perfect for authentic fish and chips, as pub style sandwich or basket served with onion rings or thick cut fries. Pairs well with tartar sauce or your own complementary sauce recipes.

## PREPARATION & COOKING SUGGESTIONS



**COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY:** Preheat fryer to 350°F and fry for 5-7 minutes. **TO BAKE:** Place frozen fillets on a lightly oiled sheet pan. **CONVECTION OVEN:** Preheat oven to 400°F and bake for 20-22 minutes. **CONVENTIONAL OVEN:** Preheat oven to 425°F and bake for about 25 minutes. **NOTE:** COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

## INGREDIENTS



HADDOCK, WATER, VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, DEXTROSE, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, SALT, WHEY, AUTOLYZED YEAST EXTRACT, DEHYDRATED GARLIC, NATURAL FLAVORS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), YELLOW 5, YELLOW 6, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK), WHEAT, MILK

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived from Ingredients'; NI = 'No Info'

Milk - C Peanuts - N

Eggs - N Tree - N

Soybean - N Fish - C

Wheat - C Shellfish - NI

Sesame - N Crustaceans - N

## MORE INFORMATION



## 632645 - 1/10 LB Pub Style Battered Haddock Fillets Approx. 4 ...

Pub Style Battered Haddock Fillets offer your menu deliciously authentic pub fare without the pub. These wild caught, natural cut fillets are dipped in a classic, robustly seasoned English style batter. Each fries or bakes to crunchy, irresistible perfection, with excellent plate consistency and the right amount of pub style appeal.

### NUTRITIONAL ANALYSIS



Calories	190
Protein	13 g
Total Carbohydrates	13 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	40 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	310 mg
Calcium	0 mg
Iron	0.5 mg
Potassium	220 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS



### MORE IMAGES

