



10 Lb (4.54 kg) Haddock Fillets, Skin-On / Boned, Single Frozen, 10 - 12 oz, MSC

Icelandic IQF Haddock Skin-On Fillets are wild caught in the pristine waters of Iceland, and represent Haddock at its best. Each easily cooks as desired, perfectly preserving all the slightly sweet, tender flakiness of the Haddock. These versatile, recipe-ready fillets are simple to prepare, and provide superior plate consistency and appeal across a wide range of applications.

Product Last Saved Date: 01 July 2025



Nutrition Facts

15 Servings per container  
Serving Size 11 oz (308g/About 1 Fillet)

Amount Per Serving	
Calories	230

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 170 mg	56%
Sodium 210 mg	9%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 51 g	
Vitamin D 1.4 mcg	8%
Calcium 30 mg	2%
Iron 0.5 mg	2%
Potassium 890 mg	20%

\* 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.

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal for a variety of entrées, from fine dining to fish and chips and dinner salads. Pairs well with a variety of your complementary sauces and sides.

Product Specifications :

Code	GTIN	Type Of Catch
21075537	10073538755374	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.25 INH	11.5 INH	5 INH	0.5075 FTQ	10x15	547 Days	-10 FAH / 0 FAH

Ingredients :

HADDOCK. 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

Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

Claims & Child Nutrition:

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

