



## 10/6 LB Crunchy Raw Breaded Haddock Squares 4 oz, Kosher, MSC

High Liner Foodservice Crunchy Breaded Haddock Squares add zing to any dish. Here, premium wild caught Haddock are breaded in a light, crunchy coating that perfectly preserves the mildly sweet, creamy flakiness of this species when deep-fried. In 4 minutes or less, you have that ideal blend of golden crispy, melt-in-your-mouth flakiness patrons truly crave, with the consistency and plate coverage you demand. These highly versatile Haddock Squares aren't just a great option for your menu, they're a menu must.

Product Last Saved Date: 20 October 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

24 Servings per container

**Serving Size** 1 Portion (112g)

**Amount Per Serving**

**Calories** 170

% Daily Value\*

**Total Fat** 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 35 mg 12%

**Sodium** 330 mg 14%

**Total Carbohydrates** 26 g 10%

Dietary Fiber 0 g 0%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

**Protein** 14 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0.9 mg 4%

Potassium 230 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.

### Product Specifications :

Code	GTIN	Type Of Catch
10003370	10073538033700	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
66 LBR	60.0 LBR	N/A	Yes	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.1968 INH	11.8219 INH	17.0187 INH	2.0022 FTQ	9x2	540 Days	-10 FAH / 0 FAH

### Ingredients :

HADDOCK, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHITE CORN FLOUR, NATURAL FLAVOR, SUGAR, CANOLA OIL, SALT, SPICES, YEAST, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (HADDOCK), WHEAT

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

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 3 ½ - 4 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Serving Suggestions:

Crunchy Breaded Haddock Squares are ideal for crispy fish sandwiches, baskets and seafood platters. They pair well with coleslaw and fries, traditional seafood sauces or your own complementary sauce recipe.

### Claims & Child Nutrition:

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



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