



# 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: 02 July 2025



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'):						
Eggs - N		Milk - N			Soy - N	
Fish - C		Wheat - C			TreeNuts - N	
Peanuts - N		Crustacean - N			Sesame - N	

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:

