



# High Liner Foodservice, 4.54 kg / 10 lb, Haddie Bites Battered Haddock Pieces

High Liner Foodservice Battered Haddie Bites are a scrumptious detour in the fish category. These specially formed, round bites feature wild caught Haddock dipped in a signature seasoned batter. Each easily deep-fries or bakes to crispy, crunchy perfection to fit a variety of applications, from appetizers and entrées or as part of your small plate offerings. Haddie Bites pair perfectly with various flavors that appeal to your patrons, and deliver excellent plate coverage, plate after plate.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size** Per 5 pieces (87 g)

**Amount Per Serving**  
**Calories** 170

	% Daily Value*
<b>Total Fat</b> 8 g	<b>11%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	<b>%</b>
<b>Sodium</b> 300 mg	<b>13%</b>
<b>Total Carbohydrates</b> 16 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 8 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 1 mg	6%
Potassium 125 mg	3%

\* 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
4590	10061763045902	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

## Ingredients :

Haddock fillets, Water, Vegetable oil (canola/soya/sunflower, modified palm), Toasted wheat crumbs, Flour (wheat, corn), Modified corn starch, Wheat starch, Sugars [maltodextrin (corn, potato), corn dextrin, dextrose], Salt, Soy protein, Baking powder, Butter flavour, Sodium phosphate (to retain moisture), Modified cellulose, Seasonings (yeast extract, spices), Guar flour, Annatto, Turmeric (colour). Contains: Haddock (fish), Wheat, Soy, Milk.

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. DEEP FRY: IMMERSE FROZEN HADDIE BITES™ IN PREHEATED 350°F/180°C OIL FOR ABOUT 4-5 MIN. LET STAND FOR 2-3 MIN BEFORE SERVING. FORCED AIR CONVECTION OVEN : PLACE FROZEN HADDIE BITES™ ON A GREASED BAKING SHEET. PLACE IN PREHEATED 425°F / 220°C OVEN FOR 10 MINS OR UNTIL DONE. TURN AFTER 6 MINUTES. LET SIT FOR 2 - 3 MIN BEFORE SERVING. CONVENTIONAL OVEN: PLACE FROZEN HADDIE BITES™ ON A GREASED BAKING SHEET. PLACE IN PREHEATED 425°F / 220°C OVEN FOR 14 MINS OR UNTIL DONE. TURN AFTER 7 MINUTES. LET SIT FOR 2 - 3 MIN BEFORE SERVING.

## Serving Suggestions:

Haddie Bites offer a pleasing twist on traditional fish and chips. As an hor d'oeuvre, spike them on a bamboo skewer and serve with a bowl of trendy dipping sauces. For a shareable appetizer/bar snack, simply toss them with BBQ or Asian style sauces. Or, add to stir fry dishes by placing them into a wok just before plating.

## Species / Scientific Name:

## Claims & Child Nutrition:

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

