

10 Lb (4.54 kg) IQF Skin On / Boned Haddock 5 - 6oz

Wild caught High Liner Foodservice Haddock Skin-On Fillets bake or broil from thawed or frozen to desired perfection, preserving all the slightly sweet, tender flakiness unique to this species. Each comes skin-on or the skin can easily be removed if preferred. These recipe-ready fillets are simple to prepare, and offer superior consistency and plate appeal for any application you have in mind.

Product Last Saved Date: 20 October 2025



Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 3/4 Pie

Amoun	t Pe	r Se	rving
Ca	loi	rie	es.

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Calories	80	
	% Daily Value*	
Total Fat 0.5 g	1%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
Cholesterol 60 mg	20%	
Sodium 240 mg	10%	
Total Carbohydrates 0 g	0%	
Dietary Fiber 0 g	0%	
Total Sugars 0 g		
Includes 0 g Added Sugars	0%	
Protein 19 g		
Vitamin D 0.5 mcg	2%	
Calcium 10 mg	0%	
Iron 0.2 mg	2%	
Potassium 320 mg	6%	

]	Product Specifications :				
Code		GTIN	Type Of Catch		
_	21023459	00073538234599	WILD		

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

Gross Weight Net Weight		Country of Origin	Kosher Gluten Fre		
	11 LBR	10 LBR	CN, TH, ID, VN	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	7.625 INH	0.5451 FTQ	15x8	540 Days	-10 FAH / 0 FAH

Ingredients:

HADDOCK. CONTAINS: HADDOCK (FISH)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

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

Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

Serving Suggestions:

A superb center of the plate entrée, and perfect for everyday chowders, or as a healthy, flavorful addition to a salad. Pairs well with your own complimentary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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