

# 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



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g / About 3/4 Piece)**

Amount Per Serving

**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%**

\* 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
21023459	00073538234599	WILD

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	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' INII='Intentionally nor Inherently Included'):

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

### 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:

