



1/10 LB IQF Skin On / Boned Haddock 4 - 6 oz

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: 02 May 2025



Nutrition Facts

40 Servings per container
Serving Size 112g/About 3/4 Piece

Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	18%
Sodium 320 mg	14%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 17 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 290 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
High Liner Foodservice	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, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

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:

