



High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Loins, approx. 142 g / 5 oz

High Liner Haddock is a premium white fish with mild, flavorful flesh that is low in fat. High Liner Haddock suits almost any style of cooking, such as baking, poaching, sautéing and grilling. Each is individually quick-frozen for optimum freshness, and product integrity. They offer uniform cost and portion control in every serving. Loin: is the tenderloin, premium cut, a rectangular portion cut from the thickest part of the fillet. It is generally the lowest fat portion, with consistent thickness.

Product Last Saved Date: 04 June 2025



# Nutrition Facts

Servings per container  
**Serving Size Per about 1 loin (142 g)**

Amount Per Serving

**Calories**

% Daily Value\*

100

<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 75 mg	<b>%</b>
<b>Sodium</b> 300 mg	<b>13%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 23 g	
Vitamin D	<b>%</b>
Calcium 20 mg	<b>2%</b>
Iron 0.2 mg	<b>1%</b>
Potassium 400 mg	<b>9%</b>

\* 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
6587	10061763065870	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Unprepared/Unprocessed (Frozen)

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
33.7 CMT	24 CMT	14.5 CMT	0.0117 MTQ	14x12	540 Days	

Ingredients :

Haddock. Contains: Haddock (fish).

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. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

**Serving Suggestions:**

Serve cooked over the grill with a honey mustard glaze. Serve with steamed rice. Serve baked in a mushroom cream sauce. Serve with rice and a light summer salad.

**Species / Scientific Name:**

**Claims & Child Nutrition:**

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



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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