

20 Lb (9.07 kg) Haddock Fillets, Skin-on / Boned, Single Frozen, 11 - 14 oz, MSC

Icelandic IQF Haddock Skin-On Fillets are wild caught in the pristine waters of Iceland, and represent Haddock at its best. Each easily cooks as desired, perfectly preserving all the slightly sweet, tender flakiness of the Haddock. These versatile, recipe-ready fillets are simple to prepare, and provide superior plate consistency and appeal across a wide range of applications.

Product Last Saved Date: 20 October 2025



Nutrition Facts

26 Servings per container

Serving Size 12.5 oz (350g/About 1 Fill

Amoun	t Per	Serving
Cal	or	ies

Calories	260
	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	2%
Trans Fat 0 g	
Cholesterol 190 mg	64%
Sodium 240 mg	10%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	_
Includes Added Sugars	%
Protein 58 g	
Vitamin D 1.6 mcg	8%
Calcium 40 mg	2%
Iron 0.6 mg	4%
Potassium 1010 mg	20%

	Product Specifications :				
	Code	GTIN	Type Of Catch		
عا	21005007	10073538050073	WILD		

Branu	GPC Description				
Icelandic	Fish - Unprepared/Unprocessed (Frozen)				

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
21.8 LBR	20 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
23.5 INH	10 INH	7 INH	0.9520 FTQ	10x3	547 Days	-10 FAH / 0 FAH

Ingredients:

HADDOCK. CONTAINS: FISH (HADDOCK).

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:

Ideal for a variety of entrées, from fine dining to fish and chips and dinner salads. Pairs well with a variety of your complementary 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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