



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: 21 August 2025



# Nutrition Facts

26 Servings per container

**Serving Size 12.5 oz (350g/About 1 Fillet)**

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

\* 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
21005007	10073538050073	WILD

Brand	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	TlxHI	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 - 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:**

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: Yes

Has CN Statement: No

CN Statement:

