

1/30 LB Haddock Super Cellos, Skinless / Boned, Single Frozen, 15 X 2 Lb, MSC

A New England tradition, Haddock is the perfect choice allowing for many different preparations. Whether it is a homemade fish n' chips or fish chowder, it's a timeless seafood favorite.

Product Last Saved Date: 02 December 2024

Nutrition Facts

8 Servings per container

Serving Size 4 oz (112 g)

Amount Per Serving Calories

80

0%

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	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 75 mg	3%
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%

	Product Specifications :				
Code GTIN		GTIN	Type Of Catch		
	21020342	00079149203429	WILD		
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Brand	GPC Description	
Icelandic	Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight Net Weight		Country of Origin	Kosher	Gluten Free
30.78 LBR	30.78 LBR 30.0 LBR		Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
18.25 INH	9.25 INH	6.75 INH	0.6594 FTQ	10x6	540 Days	-10 FAH / 0 FAH

Ingredients:

HADDOCK. CONTAINS: FISH (HADDOCK).

	Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
l	Eggs - N	Soy - N				
l	Fish - C	Wheat - N	TreeNuts - N			
	Peanuts - N	Crustacean - N	Sesame - NI			

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

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

Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

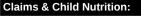
Serving Suggestions:

Calcium 0 mg

Potassium 320 mg

nutrition advice.

Ideal for entrées, sandwiches, dinner salads, and more. Pairs well with a variety of traditional sauces or your own complementary sauce recipes.



BAP Certified:

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







