



30 Lb (13.61 kg) 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: 06 February 2026



Nutrition Facts

8 Servings per container

Serving Size 4 oz (112 g)

Amount Per Serving

Calories 80

% 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%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 320 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
21020342	00079149203429	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
30.78 LBR	30.0 LBR	Iceland	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.72 INH	8.97 INH	6.49 INH	0.597 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' INII='Intentionally nor Inherently Included'):

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

Prep & Cooking Suggestions:

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

Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

Serving Suggestions:

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

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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