



## High Liner Foodservice Signature, 4.54 kg / 10 lb, Beer Battered Haddock Fillets, approx. 113 g / 4 oz

High Liner Foods Battered Haddock Fillets feature our premium wild-caught Haddock dipped in perfectly seasoned batter made with beer. Each fillet easily cooks from frozen, is easy to prepare, and goes from oven or fryer to plate in minutes. These scrumptious fillets are a superb combination of malty-rich beer battered crunch and slightly sweet, tender, flaky fish, with true mouth-watering plate appeal. Not only that, but this aligns your menu with a truly historical, widely loved brand of beer.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size Per about 1 fillet (113 g)**

**Amount Per Serving**  
**Calories** **220**

	% Daily Value*
<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
<i>Trans</i> Fat 0 g	
<b>Cholesterol</b> 40 mg	<b>%</b>
<b>Sodium</b> 620 mg	<b>27%</b>
<b>Total Carbohydrates</b> 19 g	<b>%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 13 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1 mg	6%
Potassium 225 mg	5%

\* 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
12300221	10061763002219	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Prepared/Processed (Frozen)

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x5	547 Days	

Ingredients :
Haddock, Flour (wheat, corn), Vegetable oil (soya, cotton seed), Beer, Water, Modified corn starch, Salt, Flavour, Spices, Sodium aluminum phosphate (leavening acid), Baking soda, Sugars (sugar, dextrose). Contains: Haddock (fish), Wheat, Barley.

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:

**COOK FROM FROZEN** When baking in the oven, place fillets in a single layer on a lightly greased shallow baking sheet. Cook until a minimum internal temperature of 158°F (70°C) is reached. **DEEP FRY:** Immerse fillets in preheated 350°F (180°C) oil for 5-8 min. **FORCED AIR CONVECTION OVEN:** Preheat oven to 400°F (200°C) and bake for 14-18 min. **CONVENTIONAL OVEN:** Preheat oven to 425°F (220°C) and bake for 16-20 min.

### Serving Suggestions:

Beer Battered Haddock Fillets are excellent for any pub-style entrée, fish and chips baskets or as a sandwich. They pair well with malt vinegar and a variety of traditional cocktail sauces or your complementary sauce recipes.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

