

High Liner Foodservice Signature, 4.54 kg / 10 lb, Mediterranean Glazed Haddock Portions approx 82 - 120 g / 3 - 4 oz

Sea Cuisine™ Signature Mediterranean Glazed Haddock Portions feature a delicious glaze of Italian herbs and spices, making this Haddock ideal for a variety of entrées. This special blend of flavours complements the premium white, flaky, moist characteristics of the Haddock in every way. These fully-prepared fillets bake easily to perfection, meet healthcare requirements for cost and sodium levels, and are Cold Plate/Retherm compatible.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size Per about 1 portion (101 g)**

Amount Per Serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0.2 g	<b>1%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>%</b>
<b>Sodium</b> 200 mg	<b>9%</b>
<b>Total Carbohydrates</b> 2 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 14 g	
Vitamin D	<b>%</b>
Calcium 20 mg	<b>2%</b>
Iron 0.2 mg	<b>1%</b>
Potassium 250 mg	<b>5%</b>

\* 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
8975	10061763089753	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	Yes

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

### Ingredients :

Haddock, Water, Vegetable oil (canola, sunflower), Seasonings (tomato, garlic, onion, spices and herbs, citric acid), Sugars (corn maltodextrin, sugar, glucose solids, dextrose), Modified starch (corn, tapioca), Salt, Natural flavour (basil, lemon, rosemary, sage), Xanthan gum, Paprika. Contains: Haddock (fish).

### 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:**

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. OVEN: PLACE 4-6 FROZEN PORTIONS ON BAKING SHEET GLAZED SIDE UP. BAKE IN PREHEATED 350°F/180°C OVEN FOR 28-30 MINUTES OR UNTIL DONE. LET STAND FOR 2 MINUTES BEFORE SERVING. FORCED AIR CONVECTION OVEN: PLACE 4-6 FROZEN PORTIONS ON BAKING SHEET GLAZED SIDE UP. BAKE IN PREHEATED 300 °F/150 °C OVEN FOR 21-25 MINUTES OR UNTIL DONE. LET STAND FOR 2 MINUTES BEFORE SERVING.

**Serving Suggestions:**

An excellent centre-of-the-plate option served with rice and fresh veggies or the sides of your choosing.

**Species / Scientific Name:**

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

