



# 1/10 LB UpperCrust Homestyle Haddock, Natural Cut Fillets, MSC

Fishery Products UpperCrust® Homestyle Haddock Fillets add a special blend of country herbs and spices to premium UpperCrust® breeding. Each quickly cooks from frozen, combining this wild caught Haddock's slightly sweet, creamy texture with a flavor-packed crunchy crust. The gold standard in handmade appearance and authentic ingredients, UpperCrust® Haddock is an experience your guests will certainly crave.

Product Last Saved Date: 04 April 2025



## Nutrition Facts

29 Servings per container  
Serving Size 5.5 oz (154g/About 1 Fillet)

Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 9 g	11%
Saturated Fat 2 g	9%
Trans Fat 0 g	
Cholesterol 70 mg	24%
Sodium 430 mg	19%
Total Carbohydrates 7 g	2%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

Protein 22 g	
Vitamin D 0.6 mcg	2%
Calcium 70 mg	6%
Iron 0.7 mg	4%
Potassium 360 mg	8%

\* 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
1089893	10035493898930	WILD

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

### Ingredients :

HADDOCK, WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATO, POTATO STARCH, CELLULOSE TO PREVENT CAKING), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL FLAVORS, BACON BITS (CURED WITH WATER, SALT, SODIUM ERYTHORBATE, SODIUM NITRITE, MAY ALSO CONTAIN SMOKE FLAVORING, SUGAR, DEXTROSE, BROWN SUGAR, SODIUM PHOSPHATES, POTASSIUM CHLORIDE), DEXTROSE, SALT, SPICES, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YELLOW CORN FLOUR, GARLIC POWDER, WHITE CORN FLOUR, ONION POWDER, MALTODEXTRIN, TORULA YEAST, MINCED ONION, LEAVENING (SODIUM BICARBONATE), WHEY, DEHYDRATED CHIVES, DISODIUM INOSINATE, DISODIUM GUANYLATE, YEAST EXTRACT, DEHYDRATED GARLIC, MALTED BARLEY FLOUR, ENZYME MODIFIED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST, VINEGAR, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK), WHEAT, MILK

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: CONVENTIONAL OVEN: Place rack in center and preheat to 400°F. Bake frozen fillets on a lightly oiled sheet pan for 22-24 minutes. CONVECTION OVEN: Place rack in center and preheat to 375°F. Bake frozen fillets on a lightly oiled sheet pan for 14-16 minutes. NOTE: Cook to a minimum internal temperature of 155°F. PREP TIPS: Keep frozen until ready to cook. Do not refreeze. SHELF LIFE: Do not consume product after Retailer's stated "Use By" date. WARNING: While every effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

### Serving Suggestions:

UpperCrust® makes this a superb center of the plate star, and takes sandwiches and salads to another level. Pairs well with a variety of sides, traditional or signature seafood sauces and complementary sides.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Claims & Child Nutrition:

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

