



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Loins, approx. 85 g / 3 oz

Haddock is a white fish with mild flavour that is low in fat. It is suited for any style of cooking. High Liner Foodservice brand Haddock is a great option for Fish & Chips, pan-frying, baking or broiling. Individually quick-frozen for your convenience.

Product Last Saved Date: 17 February 2025



<b>Nutrition Facts</b>	
Servings per container	
<b>Serving Size</b>	<b>Per about 1 loin (85 g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>50</b>
% Daily Value*	
<b>Total Fat</b> 0.3 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 40 mg	<b>%</b>
<b>Sodium</b> 130 mg	<b>6%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 12 g	
Vitamin D	<b>%</b>
Calcium 10 mg	<b>1%</b>
Iron 0.1 mg	<b>1%</b>
Potassium 225 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
1080282	10035493802821	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.4 CMT	31.7 CMT	11.8 CMT	0.014 MTQ	9x7	547 Days	-25 CEL / -18 CEL

### Ingredients :

Haddock, Water, Sodium phosphate (to retain moisture). 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. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F / 70°C is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

### Serving Suggestions:

Use as you would any popular white fish loin. Ideal for Battered Fish and Chips. Serve them in casual restaurants, family restaurants, colleges/universities, hospitals, nursing homes, independent restaurants, business and industry.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

