

# 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: 04 June 2025



### **Nutrition Facts**

Servings per container

Serving Size Per about 1 loin (85 g)

## Amount Per Serving

**50** 

| Calories                | 50             |
|-------------------------|----------------|
|                         | % Daily Value* |
| Total Fat 0.3 g         | 1%             |
| Saturated Fat 0 g       | 0%             |
| Trans Fat 0 g           |                |
| Cholesterol 40 mg       | %              |
| Sodium 130 mg           | 6%             |
| Total Carbohydrates 0 g | %              |
| Dietary Fiber 0 g       | 0%             |
| Total Sugars 0 g        |                |
| Includes Added Sugars   | %              |
| Protein 12 g            |                |
| Vitamin D               | %              |
| Calcium 10 mg           | 1%             |
| Iron 0.1 mg             | 1%             |
| Potassium 225 mg        | 5%             |

| 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    | TIxHI | Shelf Life | Storage Temp From/To |
| 37.4 CMT             | 31.7 CMT | 11.8 CMT | 0.014 MTQ | 9x7   | 547 Days   |                      |

#### 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:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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