

10 Lb (4.54 kg) Haddock Fillets, Skin-On / Boned, Single Frozen, 8 - 10 oz, MSC

Icelandic IQF Haddock Skin-On Fillets are wild caught in the pristine waters of Iceland, and represent Haddock at its best. Each easily cooks as desired, perfectly preserving all the slightly sweet, tender flakiness of the Haddock. These versatile, recipe-ready fillets are simple to prepare, and provide superior plate consistency and appeal across a wide range of applications.

Product Last Saved Date: 20 October 2025



Nutrition Facts

18 Servings per container

Serving Size 9 oz (252g/About 1 Fillet)

Amount Per Serving

190

Calories	
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 140 mg	46%
Sodium 170 mg	8%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 42 g	
Vitamin D 1.1 mcg	6%
Calcium 30 mg	2%
Iron 0.4 mg	2%
Potassium 730 mg	15%

Product Specifications :				
Code GTIN		Type Of Catch		
21005536	10073538055368	WILD		

Brand	GPC Description	
Icelandic	Icelandic Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight Net Weight		Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.25 INH	11.5 INH	5.25 INH	0.5328 FTQ	10x8	547 Days	-10 FAH / 0 FAH

Ingredients:

HADDOCK. CONTAINS: FISH (HADDOCK).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - 30	Milk - 30	Soy - 30			
Fish - C	Wheat - 30	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

Serving Suggestions:

Ideal for a variety of entrées, from fine dining to fish and chips and dinner salads. Pairs well with a variety of your complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

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







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