

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: 06 February 2026



HIGH LINER
FOODSERVICE™



Nutrition Facts

18 Servings per container

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

Amount Per Serving

Calories 190

% 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%**

* 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
21005536	10073538055368	WILD

Brand	GPC Description
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	TlxHl	Shelf Life	Storage Temp From/To
15.6 INH	11.65 INH	5.24 INH	0.551 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' INII='Intentionally nor Inherently Included'):

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

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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