



High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen, Haddock Portions, Restaurant Cut, approx 113 g / 4 oz

High Liner Foodservice Signature Individually Quick Frozen, Restaurant Cut, Haddock Portions, is low in fat, and low in saturated fat. Haddock has no trans fat and is an excellent source of protein. These bias cut portions allow for better plate coverage and perfect for center of plate selections.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 portion (113 g)

Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 60 mg	%
Sodium 240 mg	10%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 18 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.2 mg	1%
Potassium 300 mg	6%

* 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
1124	10061763011242	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.8 CMT	32 CMT	11.5 CMT	0.0139 MTQ	9x16	540 Days	

Ingredients :

Haddock. 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:

Can be used in many different dishes including tacos, chowder and battered fish and chips.

Species / Scientific Name:

Claims & Child Nutrition:

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

