

High Liner Foodservice, 4.54 kg / 10 lb, Battered Haddock Fillets, approx. 113 g / 4 oz

High Liner Battered Haddock Fillets are a customer favourite and excellent menu staple. They feature a light, flaky batter with deliciously authentic homestyle appearance, flavour and crispy crunch patrons crave. Whether deep-fried or baked, each premium wild caught fillet easily cooks to golden crispy perfection, sealing the slightly sweet mouthwatering white fish inside. These simple-to-prepare fillets deliver the appetite pleasing plate coverage and presentation you demand, plate after crispy-delicious plate.

Product Last Saved Date: 04 June 2025



FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per 1 fillet (113 g)

Amount Per Serving

Calories

240

Calories	240
	% Daily Value
Total Fat 14 g	19%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 30 mg	%
Sodium 460 mg	20%
Total Carbohydrates 18 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 10 g	
Vitamin D	9
Calcium 20 mg	29
Iron 1.25 mg	7%
Potassium 175 mg	49

Droduct C	pecifications :
Product 5	pecifications :

Code GTIN		GTIN	Type Of Catch		
	1086119	00059111861192			

Brand	GPC Description	
High Liner Foodservice	Fish - Prepared/Processed (Frozen)	

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

Shipping Information						
Length Width Height		Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
37.3 CMT	27.5 CMT	14.8 CMT	0.0152 MTQ	11x11	540 Days	

Ingredients:

Haddock, Water, Canola oil, Flour (wheat, corn), Toasted wheat crumbs, Modified corn starch, Wheat starch, Sugars (maltodextrin, dextrin, dextrose), Salt, Soy protein, Modified palm oil, Baking powder, Flavour, Sodium phosphate (to retain moisture), Modified cellulose, Seasonings (yeast extract, spices), Guar flour, Annatto, Turmeric. Contains: Haddock (fish), Wheat, Soy, Milk.

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. DEEP FRY: IMMERSE FROZEN FILLETS IN PREHEATED 350°F (180°C) OIL FOR ABOUT 6-7 MIN OR UNTIL GOLDEN BROWN. OVEN: PLACE A SINGLE LAYER OF FROZEN FISH FILLETS ON A GREASED BAKING PAN IN A PREHEATED 425°F (220°C) OVEN FOR ABOUT 18-20 MIN. TURN ONCE DURING COOKING. FORCED AIR CONVECTION OVEN: PLACE A SINGLE LAYER OF FROZEN FISH FILLETS ON A GREASED BAKING PAN IN PREHEATED 400°F (200°C) OVEN FOR ABOUT 11-12 MIN. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F (70°C) IS REACHED.

Serving Suggestions:

These scrumptious Battered Haddock Fillets are excellent for cost-effective Fish and Chip plates, as well as on buffets. They're also ideal for a variety of institutional applications.

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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