



## 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: 17 February 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size** Per 1 fillet (113 g)

Amount Per Serving

**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 **%**

Calcium 20 mg **2%**

Iron 1.25 mg **7%**

Potassium 175 mg **4%**

\* 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
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	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.3 CMT	27.5 CMT	14.8 CMT	0.0152 MTQ	11x11	540 Days	-25 CEL / -18 CEL

### 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: IMMERS 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:

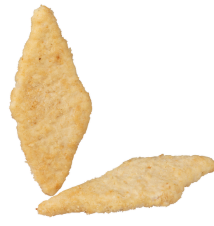
### Claims & Child Nutrition:

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)  
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