

10 Lb (4.54 kg) IQF Haddock Loins, 3 oz, MSC

High Liner Haddock is a premium white fish with mild, flavorful flesh that is low in fat. High Liner Haddock suits almost any style of cooking, such as baking, poaching, sauteing and grilling. Each is individually quick-frozen for optimum freshness, and product integrity. They offer uniform cost and portion control in every serving. Loin: is the tenderloin, premium cut, a rectangular portion cut from the thickest part of the fillet. It is generally the lowest fat portion, with consistent thickness.

Product Last Saved Date: 20 October 2025

Nutrition Facts

40 Servings per container

Serving Size 112 g / about 1 1/2 pieces

Amoun	t Per	Serving
Cal	or	ies

80

Calories	
	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	18%
Sodium 320 mg	14%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 17 g	
Vitamin D 0.5 mcg	2%
Calcium 10 mg	0%
Iron 0.2 mg	2%
Potassium 290 mg	6%

	Product Specifications :					
	Code	GTIN	Type Of Catch			
_	12300267	10035493002672	WILD			

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.829 LBR	10 LBR	CN, VN, ID, TH	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.627 INH	9.981 INH	5.12 INH	0.4330 FTQ	11x8	547 Days	-10 FAH / 0 FAH

Ingredients:

 ${\tt HADDOCK, WATER, SODIUM\ TRIPOLYPHOSPHATE\ (TO\ RETAIN\ MOISTURE)}.\ CONTAINS:\ {\tt HADDOCK\ (FISH)}.$

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:

nutrition advice.

Perfect for fish fry menu items, as center of the plate, or for craft fish chowder. Pairs well with your own complementary sauces and sides.

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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