



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: 02 July 2025

# Nutrition Facts

40 Servings per container

**Serving Size 112 g / about 1 1/2 pieces**

Amount Per Serving	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 55 mg	<b>18%</b>
<b>Sodium</b> 320 mg	<b>14%</b>
<b>Total Carbohydrates</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 17 g	
<b>Vitamin D</b> 0.5 mcg 2%	
<b>Calcium</b> 10 mg 0%	
<b>Iron</b> 0.2 mg 2%	
<b>Potassium</b> 290 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
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	TLxHI	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 :**

HADDOCK, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: HADDOCK (FISH).

**Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):**

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

**Prep & Cooking Suggestions:**

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

**Species / Scientific Name:**

Haddock - Melanogrammus aeglefinus

**Serving Suggestions:**

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:

