

# 10 Lb (4.54 kg) Haddock Fillets, Skinless / Boned, Single Frozen, 10 - 12 oz, MSC

Icelandic IQF Haddock Fillets are wild caught in the pristine waters of Iceland and individually quick frozen to preserve the species' famously mild, sweet flavor and delicate melt-in-your-mouth flay texture. Recipe-ready and easy to prepare, this Haddock offers amazing versatility across a variety of applications.

Product Last Saved Date: 20 October 2025



## **Nutrition Facts**

15 Servings per container

Serving Size 11 oz (308g/About 1 Fillet)

Amoun	t Per	Serving	g
Cal	or	ies	

230

Calories	250
	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 170 mg	56%
Sodium 210 mg	9%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 51 g	
Vitamin D 1.4 mcg	8%
Calcium 20 mg	2%
Iron 0.5 mg	2%
Potassium 890 mg	20%

	Product Specifications :				
	Code	GTIN	Type Of Catch		
٠,	21005356	10073538053562	WILD		

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.81 INH	11.81 INH	5.62 INH	0.6073 FTQ	10x9	540 Days	-10 FAH / 0 FAH

#### Ingredients:

HADDOCK. CONTAINS: FISH (HADDOCK).

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:

Ideal for fish and chips, center of the plate entrées, or portioned atop a salad. Pairs well with a variety of your complementary sauces and sides.

### Claims & Child Nutrition:

BAP Certified:

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







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