



1/10 LB 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: 01 April 2025



Nutrition Facts

15 Servings per container

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

Amount Per Serving	
Calories	230
% 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%

* 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
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	TlxHI	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 - 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:

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:

