



10 Lb (4.54 kg) IQF Haddock Loins, 4 oz, MSC

Fishery Product IQF Haddock Loins are a long-time New England favorite and represent the premium portion of this species. These high-quality loins are individually quick frozen for lasting quality and freshness. Each is perfectly portioned for easy preparation and recipe versatility across a variety of applications.

Product Last Saved Date: 02 July 2025



Nutrition Facts

40 Servings per container
Serving Size 4 oz (112 g/About 1 Loin)

Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	18%
Sodium 180 mg	8%
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 0 mg	0%
Iron 0 mg	0%
Potassium 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
1080283	10035493802838	WILD

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.784 INH	12.58 INH	4.687 INH	0.5046 FTQ	9x12	540 Days	-10 FAH / 0 FAH

Ingredients :

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

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:

