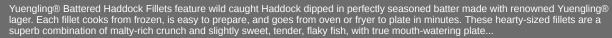
## 632672 - 1/10 Lb Yuengling Battered Haddock Fillets, Approx. 1...







#### MARKETING



# **Nutrition Facts**

15 Servings per container

Serving Size 308g/ABOUT 1 FILLET

#### **Amount Per Serving** Calories

	% Daily Value*
Total Fat 27 g	35%
Saturated Fat 4.5 g	21%
Trans Fat 0 g	
Cholesterol 105 mg	35%
Sodium 1460 mg	64%
<b>Total Carbohydrates</b> 53 g	19%
Dietary Fiber 1 g	5%
Total Sugars 1 g	
Includes 0 g Added Sugar	s <b>0%</b>
Protein 37 g	
Vitamin D 0.9 mcg	4%
Calcium 40 mg	2%
Iron 1 mg	6%
Potassium 610 mg	15%

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	Dist Prod Code	GTIN	Calculated Pack	
10026397	632672	10073538263978	1/10 LB	

Brand Owner		GPC Description		
High Liner High Liner Foods Inc.		Fish - Prepared/Processed (Frozen)		

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10.0 LBR	No	United States	Undeclared	No

	Shipping						
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
Γ	15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

#### **ALLERGENS**





**INGREDIENTS** 

Ideal for seafood platters, fish and chips baskets or as a hearty sandwich. Pairs well with malt vinegar, a variety of traditional cocktail sauces or your complementary sauce recipes.

# C = 'Contains', MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info' (例)Milk - N





(1) Tree Nuts - N

(M) Shellfish - NI

Fish - C



Keep Frozen

( Wheat - C (%) Sesame - N



#### SERVING SUGGESTIONS



HADDOCK, WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), YUENGLING (MALTED BARLEY, WATER, HOPS, YEAST), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUGAR, SALT, SPICE, WHITE CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS. CONTAINS: FISH (HADDOCK), WHEAT

#### HANDLING SUGGESTIONS



### PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 7 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

#### MORE INFORMATION



# 632672 - 1/10 Lb Yuengling Battered Haddock Fillets, Approx. 1...



Yuengling® Battered Haddock Fillets feature wild caught Haddock dipped in perfectly seasoned batter made with renowned Yuengling® lager. Each fillet cooks from frozen, is easy to prepare, and goes from oven or fryer to plate in minutes. These hearty-sized fillets are a superb combination of malty-rich crunch and slightly sweet, tender, flaky fish, with true mouth-watering plate...

NUTRITIONAL ANALYSIS

Calories	630
Protein	37 g
Total Carbohydrates	53 g
Sugars	1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	27 g
Trans Fat	0 g
Saturated Fat	4.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	105 mg
Vitamin D	0.9 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	1460 mg
Calcium	40 mg
Iron	1 mg
Potassium	610 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

**NUTRITIONAL CLAIMS** 

#### MORE IMAGES







