



MARKETING

PRODUCT SPECIFICATIONS

Code		Dist Prod Code		GTIN		Calculated Pack	
10026397		632672		10073538263978		1 x 10#	
Brand		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	TlxHI	Shelf Life	Storage Temp From/To	
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS

Keep Frozen

ALLERGENS

- 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'
- Milk - N

Eggs - N

Soybean - N

Wheat - C

Sesame - N
- Peanuts - N

Tree - N

Fish - C

Shellfish - NI

Crustaceans - N

Nutrition Facts

15 Servings per container

Serving Size 11 oz (308g / ABOUT 1 FILLET)

Amount Per Serving

Calories630

% Daily Value*

Total Fat 27 g35%

Saturated Fat 4.5 g21%

Trans Fat 0 g

Cholesterol 105 mg35%

Sodium 1460 mg64%

Total Carbohydrates 53 g19%

Dietary Fiber 1 g5%

Total Sugars 1 g

Includes 0 g Added Sugars0%

Protein 37 g

Vitamin D 0.9 mcg4%

Calcium 40 mg2%

Iron 1 mg6%

Potassium 610 mg15%

* 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.

INGREDIENTS

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

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.

SERVING SUGGESTIONS

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.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	630	Total Fat	27 g	Sodium	1460 mg
Protein	37 g	Trans Fat	0 g	Calcium	40 mg
Total Carbohydrates	53 g	Saturated Fat	4.5 g	Iron	1 mg
Sugars	1 g	Added Sugars	0 g	Potassium	610 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	105 mg		
Vitamin A (IU)		Vitamin D	0.9 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

