

# 632649 - 1/10 LB Battered Haddock Fillets Skin-On Approx. 10 o...

It doesn't get any bigger or better than Big Bob's Belly Buster® Battered Skin-On Haddock Fillets. Here, larger-than-life fillets are dipped in comfort food quality seasoned batter for the ultimate "wow" factor in flavor, plate coverage, consistency, and appeal. Whether baked or fried, each cooks up from frozen in minutes to please the biggest appetites.



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
10023826	632649	00079149238261	16 x 10 OZ

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

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 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

## HANDLING SUGGESTIONS



Keep Frozen

## SERVING SUGGESTIONS



Ideal as an eye-catching entrée, hearty-sized fish basket or unbeatable oversized sandwich. Pairs well with a variety of sauces and sides that complement such big, bold flavors.

## PREPARATION & COOKING SUGGESTIONS



**COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY:** Preheat fryer to 350°F and fry for 7-9 minutes. **TO BAKE:** Place frozen fillets on a lightly oiled sheet pan. **CONVECTION OVEN:** Preheat oven to 400°F and bake for 18-22 minutes. **CONVENTIONAL OVEN:** Preheat oven to 425°F and bake for 25-27 minutes. **NOTE:** COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

## Nutrition Facts

16 Servings per container  
**Serving Size 10 oz (280g / About 1 Filet)**

**Amount Per Serving**  
**Calories 520**

	% Daily Value*
<b>Total Fat</b> 24 g	<b>31%</b>
Saturated Fat 4 g	<b>19%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 105 mg	<b>36%</b>
<b>Sodium</b> 650 mg	<b>28%</b>
<b>Total Carbohydrates</b> 36 g	<b>13%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 37 g	
Vitamin D 0.9 mcg	4%
Calcium 30 mg	2%
Iron 2.1 mg	10%
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.

## INGREDIENTS



HADDOCK, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, SALT, SPICES, AUTOLYZED YEAST EXTRACT, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), YELLOW 5, YELLOW 6. CONTAINS: FISH (HADDOCK), WHEAT

## 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

## MORE INFORMATION



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### NUTRITIONAL ANALYSIS



Calories	520
Protein	37 g
Total Carbohydrates	36 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	24 g
Trans Fat	0 g
Saturated Fat	4 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	650 mg
Calcium	30 mg
Iron	2.1 mg
Potassium	610 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS



### MORE IMAGES

