High Liner Foods

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.

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MARKETING



PRODUCT SPECIFICATIONS

Code	Dist Prod Code				GTIN	Calculated Pack		
10023826	632649			00079149238261		16 x 10 OZ		
Brand Brand Owne				r	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	TIxHI	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.

Nutrition Facts

16 Servings per container

Serving Size 10 oz (280g / About 1 Filet)

Amount Per Serving 520

	% Daily Value*
Total Fat 24 g	31%
Saturated Fat 4 g	19%
<i>Trans</i> Fat 0 g	
Cholesterol 105 mg	36%
Sodium 650 mg	28%
Total Carbohydrates 36 g	13%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 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 contributes to a daily diet. 2,000 calories a day is used for	

contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.

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

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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	(S) Peanuts - N
🔘 Eggs - N	Tree - N
🗞 Soybean - N	🔊 Fish - C
🛞 Wheat - C	🛞 Shellfish - NI
🛞 Sesame - N	(!) Crustaceans - N

MORE INFORMATION

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NUTRITIONAL ANALYSIS

Calories	520	Total Fat	24 g	Sodium	650 mg
Protein	37 g	Trans Fat	0 g	Calcium	30 mg
Total Carbohydrates	36 g	Saturated Fat	4 g	Iron	2.1 mg
Sugars	0 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



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