

Icelandic

632606 - 1/30 LB Haddock Super Cellos, Skinless / Boned, Singl...

A New England tradition, Haddock is the perfect choice allowing for many different preparations. Whether it is a homemade fish n' chips or fish chowder, it's a timeless seafood favorite.



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
21020342	632606	00079149203429	15/2 LB

Brand	Brand Owner	GPC Description
Icelandic	High Liner Foods Inc.	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
30.78 LBR	30.0 LBR	No	Iceland	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18.25 INH	9.25 INH	6.75 INH	0.6594 FTQ	10x6	540 Days	-10 FAH / 0 FAH

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
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

SERVING SUGGESTIONS

Ideal for entrées, sandwiches, dinner salads, and more. Pairs well with a variety of traditional sauces or your own complementary sauce recipes.

Nutrition Facts

8 Servings per container	
Serving Size	4 oz (112 g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 75 mg	3%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 19 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 320 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.

INGREDIENTS

HADDOCK. CONTAINS: FISH (HADDOCK).

HANDLING SUGGESTIONS

Keep Frozen

PREPARATION & COOKING SUGGESTIONS

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

MORE INFORMATION

Website : www.highlinerfoods.com.

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NUTRITIONAL ANALYSIS



Calories	80	Total Fat	0.5 g	Sodium	75 mg
Protein	19 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	0 g	Saturated Fat	0 g	Iron	0 mg
Sugars	0 g	Added Sugars	0 g	Potassium	320 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60 mg		
Vitamin A (IU)		Vitamin D	0.5 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



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