

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.



**HIGH LINER**  
FOODSERVICE™



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
21020342	632606	00079149203429	15 x 2#

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	Tlx/Hi	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

## 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.

## 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.

## 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](http://www.highlinerfoods.com).

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**NUTRITIONAL ANALYSIS**


Calories	80
Protein	19 g
Total Carbohydrates	0 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	60 mg
Vitamin D	0.5 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	75 mg
Calcium	0 mg
Iron	0 mg
Potassium	320 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

**NUTRITIONAL CLAIMS**

**MORE IMAGES**

