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

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Nutrition Facts

8 Servings per container

Serving Size 4 oz (112 g)

Amount Per Serving Calories

20

	% 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%
T. 10 0	

Dietary Fiber 0 g	0 70
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%

* 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

PRODUCT SPECIFICATIONS

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

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

ı	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	TIxHI	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



SERVING SUGGESTIONS





6%

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

Milk - N

Peanuts - N

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'

(Eggs - N

Tree Nuts - N

Soy - N

Fish - C

(👸) Wheat - N

Shellfish - NI

Sesame - N

INGREDIENTS

Potassium 320 mg

HADDOCK. CONTAINS: FISH (HADDOCK).

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS

Keep Frozen

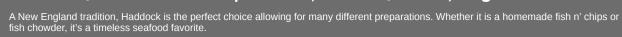
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

MORE INFORMATION



Website: 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







