



## 1/20 LB Brewer's Choice Battered Haddock Skinless Fillets, Approx. 11 oz, MSC

High Liner Foods Brewer's Choice® Battered Haddock Portions are dipped in specially seasoned batter made with rich malty beer. These larger-sized wild caught portions come fryer or oven ready, and require minimal prep. Each cooks from frozen to perfection in minutes with exceptional plate coverage. This seals in the species' mild, sweet flavor, and melt-in-your mouth texture for that crunchy, flaky-fish bite patrons can't resist. A hearty appetite-pleasing treat for beer lovers and non-beer lovers that fits an array of applications.

Product Last Saved Date: 02 December 2024



## Nutrition Facts

29 Servings per container

Serving Size 11 oz (308g / About 1 Fillet)

Amount Per Serving

**Calories 620**

% Daily Value\*

**Total Fat** 27 g **35%**

Saturated Fat 4.5 g **21%**

Trans Fat 0 g

**Cholesterol** 105 mg **35%**

**Sodium** 1700 mg **74%**

**Total Carbohydrates** 52 g **19%**

Dietary Fiber 2 g **5%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein** 37 g

Vitamin D 0.9 mcg 4%

Calcium 40 mg 2%

Iron 1.1 mg 6%

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.

### Product Specifications :

Code	GTIN	Type Of Catch
10001662	10073538016628	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TixHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	12.125 INH	1.3106 FTQ	10x3	540 Days	-10 FAH / 0 FAH

### Ingredients :

HADDOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), BEER (WATER, BARLEY MALT, RICE, HOPS AND YEAST), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT FLOUR, SALT, SUGAR, WHITE CORN FLOUR, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVORS. CONTAINS: FISH (HADDOCK), WHEAT

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 7 minutes. TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

These Brewers Choice® Battered Haddock Portions are ideal for big appetite fish and chips, oversized sandwiches, and as a hearty center of the plate. They pair well with malt vinegar, traditional seafood sauces or your own complementary sauce.

### Species / Scientific Name:

Haddock - *Melanogrammus aeglefinus*

### Claims & Child Nutrition:

BAP Certified:  
 MSC Certified: Yes  
 Has CN Statement: No  
 CN Statement:



