

10 Lb (4.54 kg) IQF Skinless Haddock Fillets 10 - 12 oz

High Liner Foodservice Haddock Skinless Fillets are wild caught, individually quick frozen, and offer a lot of recipe leeway in the kitchen. Each fillet cooks to desired perfection, preserving the slightly sweet, melt-in-your-mouth appeal unique to this species. A versatile, truly easy to prepare option that enhances any application you have in mind.

Product Last Saved Date: 20 October 2025



HIGH LINER
FOODSERVICE™



Nutrition Facts

15 Servings per container

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

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 1.5 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 150 mg **51%**

Sodium 480 mg **21%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 46 g

Vitamin D 1.3 mcg **6%**

Calcium 30 mg **2%**

Iron 0.5 mg **2%**

Potassium 800 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 |
|----------|----------------|---------------|
| 21023831 | 00079149238315 | WILD |

| Brand | GPC Description |
|------------------------|----------------------------------------|
| High Liner Foodservice | Fish - Unprepared/Unprocessed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|--------------------|------------|-------------|
| 11.6 LBR | 10 LBR | CN, VN, TH, ID, NO | Undeclared | No |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
|-------------|------------|------------|------------|-------|------------|----------------------|
| 15.4724 INH | 7.4000 INH | 6.6140 INH | 0.4825 FTQ | 15x6 | 547 Days | -10 FAH / 0 FAH |

Ingredients :

HADDOCK, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

| | | |
|----------------|-------------------|-----------------|
| Eggs - INII | Milk - INII | Soy - INII |
| Fish - C | Wheat - INII | TreeNuts - INII |
| Peanuts - INII | Crustacean - INII | Sesame - INII |

Prep & Cooking Suggestions:

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

Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

Serving Suggestions:

Perfect for everyday chowder, but also makes for the ideal center of the plate entrée. Pairs extremely well with a variety of sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

