

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



Nutrition Facts

15 Servings per container

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

| Amoun | t Per Serving |
|-------|---------------|
| Cal | ories |

210

| 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% | |

| | Product Specifications : | | | | | |
|----|--------------------------|----------------|---------------|--|--|--|
| | Code | GTIN | Type Of Catch | | | |
| ٠, | 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 | TIxHI | 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'): | | | | |
|--|-----------------|---------------|--|--|
| Eggs - 30 | Milk - 30 | Soy - 30 | | |
| Fish - C | Wheat - 30 | TreeNuts - 30 | | |
| Peanuts - 30 | Crustacean - 30 | Sesame - 30 | | |

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:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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