



High Liner Foodservice, 4.54 kg / 10 lb, Healthy Tonight, Breaded Haddock Fillets, approx 119 g / 4 oz

High Liner Healthy Tonight™ Breaded Haddock Fillets feature lean, delicate white fish, coated in a light, crispy breading. Healthy Tonight™ Fillets are sodium controlled, yet offer the perfect combination of flavourful crunch, and mildly sweet tasting fish patrons are looking for. Each wild caught fillet is simple to prepare, Cold Plate/Retherm compatible, and offers the appetizing plate coverage and appeal you demand.

Product Last Saved Date: 17 February 2025



Nutrition Facts

Servings per container

Serving Size Per 1 fillet (119 g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 9 g **12%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 40 mg **%**

Sodium 360 mg **16%**

Total Carbohydrates 16 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 13 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 0.75 mg **4%**

Potassium 250 mg **5%**

* 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
1825	10061763018258	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.96 KGM			Undeclared	No

Shipping Information

Length	Width	Height	Volume	TixHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	-25 CEL / -18 CEL

Ingredients :

Haddock, Water, Toasted wheat crumbs, Modified corn starch, Canola oil, Seasonings (onion, garlic, spices, yeast), Corn flour, Sugar, Sodium phosphate (to retain moisture), Guar flour, Salt. Contains: Haddock (fish), Wheat.

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

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN. BAKE FOR ABOUT 15-17 MIN OR UNTIL DONE. OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN. BAKE FOR ABOUT 22-24 MIN OR UNTIL DONE. DEEP FRY: IMMERSSE 1-4 FROZEN FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 7-8 MIN OR UNTIL DONE. COLD PLATE/MEAL DELIVERY SYSTEM COMPATIBLE.

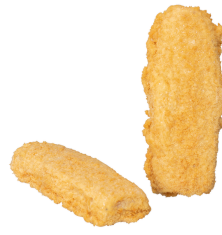
Serving Suggestions:

Healthy Tonight™ Breaded Haddock Fillets are excellent served with a Greek salad, roasted potatoes, and Mediterranean veggies, or with a pasta salad and spiced eggplant.

Species / Scientific Name:

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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