

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: 04 June 2025



FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per 1 fillet (119 g)

Amount Per Serving

Daily Value* 12% 3%
3%
%
16%
%
0%
%
%
1%
4%
5%

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	

Ingredients:

 $Haddock, Water, To a sted wheat \ crumbs, Modified \ corn \ starch, \ Canola \ oil, Seasonings \ (onion, garlic, spices, yeast), \ Corn \ flour, \ Sugar, \ Garding \ Garding$ 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: IMMERSE 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: 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

Printed on 31 October 2025 Powered by Syndigo LLC - http://www.syndigo.com