



1/20 LB Brewer's Choice Battered Haddock Skin-On Fillets, Approx. 11 oz, MSC

These High Liner Foods Brewer's Choice® Battered Haddock Portions are made from wild caught Haddock, these larger-sized, natural cut portions come fryer or oven-ready, with minimal prep required. Each cooks from frozen to crunchy perfection in minutes, sealing in the Haddock's mild, sweet flavor, and melt-in-your mouth texture. The result is that quintessential crunchy, flaky-fish bite, with hearty appetite pleasing plate appeal. An excellent, extremely easy, option that elevates any menu where it appears.

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
10001661	10073538016611	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 amply-sized Brewer's Choice® Fillets are a natural for bigger appetite fish and chips, hearty fish sandwiches, baskets or seafood platters. They pair well with any of your favorite sauces and sides.

Species / Scientific Name:

Haddock - *Melanogrammus aeglefinus*

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



