



## High Liner Signature, 4.54 kg / 10 lb, Canadian Haddock Fillets, 170 - 227 g / 6 - 8 oz

Canadian sourced. Wild caught. Mild, slightly sweet taste with firm texture and delicate flake. Marine Stewardship Council CoC certified as a sustainable fishery. Portion controlled for consistent plate presentation and food cost.

Product Last Saved Date: 13 June 2025



# Nutrition Facts

Servings per container  
**Serving Size Per about 1 fillet (198 g)**

Amount Per Serving

**Calories**

% Daily Value\*

<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0.2 g	<b>1%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 105 mg	<b>%</b>
<b>Sodium</b> 420 mg	<b>18%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 32 g	
Vitamin D	<b>%</b>
Calcium 20 mg	<b>2%</b>
Iron 0.3 mg	<b>2%</b>
Potassium 550 mg	<b>16%</b>

\* 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
4006	10061763040068	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	30.3 CMT	12.1 CMT	0.014 MTQ	10x15	540 Days	

Ingredients :

Contains: Haddock (fish).

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. FOR BEST RESULTS, cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

**Serving Suggestions:**

Haddock is very versatile, and is ideal baked, broiled, poached, sautéed, steamed or pan fried.

**Species / Scientific Name:**

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

