



## 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: 02 December 2025



## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (198 g)**

Amount Per Serving

**Calories 140**

% Daily Value\*

**Total Fat 1 g 1%**

Saturated Fat 0.2 g 1%

Trans Fat 0 g

**Cholesterol 105 mg %**

**Sodium 420 mg 18%**

**Total Carbohydrates 0 g %**

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes Added Sugars %

**Protein 32 g**

Vitamin D %

Calcium 20 mg 2%

Iron 0.3 mg 2%

Potassium 550 mg 16%

\* 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' INII='Intentionally nor Inherently Included'):

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:



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