# 632921 - 1/10 LB Breaded Haddock Tail Portions, 5 oz, MSC

High Liner Breaded Haddock Tail Portions offer great value for a variety of applications. These natural-shaped wild caught Haddock portions are coated in a delicious signature seasoned breading that preserves the slightly sweet, creamy flakiness of this species. Each fries from frozen to perfection in minutes, delivering the consistency and plate appeal you demand.





#### MARKETING



# **Nutrition Facts**

32 Servings per container

Serving Size 1 Portion (140a)

**Amount Per Serving Calories** 

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	16%

Sodium 380 mg	16%
Total Carbohydrates 22 g	8%
Diotany Fibor 1 g	20/

Dietary Fiber 1 g Total Sugars 0 g Includes 0 g Added Sugars 0%

Protein 16 g

Vitamin D 0.4 mcg 4% Calcium 0 mg 0% Iron 0.5 ma 2% Potassium 280 mg 6%

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.

WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC

ACID), NATURAL FLAVORS, SALT, SOYBEAN OIL, DEXTROSE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK),

#### PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack	
01075	632921	00074638010755	1/10 LB	

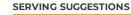
Brand	Brand Owner	GPC Description	
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)	

<b>Gross Weight</b>	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

### **ALLERGENS**





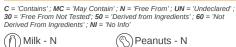
complementary sauces and sides.



Perfectly portioned and shaped for fish sandwiches, HADDOCK, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: ENRICHED BLEACHED baskets or fish fry specials. Pairs well with your own

WHEAT

**INGREDIENTS** 



(%) Peanuts - N



(13) Tree Nuts - N

(M) Shellfish - NI



Fish - C

(🕸) Wheat - C

(%) Sesame - N

Keep Frozen

#### HANDLING SUGGESTIONS



## PREPARATION & COOKING SUGGESTIONS



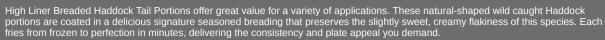
COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Fry for 4-5 minutes at 350°F or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

#### MORE INFORMATION



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NUTRITIONAL ANALYSIS

Calories	170
Protein	16 g
Total Carbohydrates	22 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	50 mg
Vitamin D	0.4 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	380 mg
Calcium	0 mg
Iron	0.5 mg
Potassium	280 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS . . .

#### MORE IMAGES







