

# 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



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
01075	632921	00074638010755	32 x 5 OZ

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

Gross Weight	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



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

## SERVING SUGGESTIONS



Perfectly portioned and shaped for fish sandwiches, baskets or fish fry specials. Pairs well with your own complementary sauces and sides.

## INGREDIENTS



HADDOCK, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: ENRICHED BLEACHED 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), WHEAT

## Nutrition Facts

32 Servings per container

**Serving Size** 1 Portion (140g)

**Amount Per Serving**  
**Calories** **170**

% Daily Value\*

<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>16%</b>
<b>Sodium</b> 380 mg	<b>16%</b>
<b>Total Carbohydrates</b> 22 g	<b>8%</b>
Dietary Fiber 1 g	<b>2%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

**Protein** 16 g

Vitamin D 0.4 mcg	4%
Calcium 0 mg	0%
Iron 0.5 mg	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.

## HANDLING SUGGESTIONS



Keep Frozen

## 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

