



High Liner Foodservice, 4.54 kg / 10 lb 4.54 kg / 10 lb, Individually Quick Frozen Haddock Pieces, 28 - 43 g / 1 - 1.5 oz

Haddock is a white fish with mild flavour that is low in fat. It is suited for any style of cooking. High Liner Foodservice brand Haddock is a great option for Fish & Chips, pan-frying, baking or broiling. Individually quick-frozen for your convenience. MSC certified.

Product Last Saved Date: 05 March 2026



Nutrition Facts

Servings per container

Serving Size Per about 4 pieces (142 g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 70 mg **%**

Sodium 410 mg **18%**

Total Carbohydrates 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 21 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 0.2 mg **1%**

Potassium 350 mg **7%**

* 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
1040	10061763010405	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
33.7 CMT	24 CMT	15 CMT	0.0121 MTQ	14x12	540 Days	

Ingredients :

Haddock, Water, Sodium phosphate (to retain moisture). 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:

Try Greek flavoured Haddock pieces, served with rice for a Mediterranean twist. Wrap bacon or prosciutto around Haddock pieces and grill on the barbecue, pair with a cherry tomato, caper and olive topping. Coat with beer batter and fry for a sensational Fish and Chip taste, pair with your choice of fries or sweet potato wedges and coleslaw.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

