

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. This product is enhanced with additives for better shelf life and flavour. Our Haddock tails are individually quick-frozen for your convenience. MSC certified.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 4 pieces (142 g)

Amount Per Serving Calories

90

| 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% |

| 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 | No |

| | Shipping Information | | | | | |
|----------|----------------------|--------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIxHI | 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'): | | | | |
|--|-----------------|---------------|--|--|
| 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:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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