



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

	% 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	No

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'):		
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.

Species / Scientific Name:

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.

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

