



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Fillets, approx. 227 g / 8 oz

Haddock is a premium white fish that is low in fat. High Liner Foodservice Haddock Fillets are individual quick frozen for convenience. With a mild sweet flavour, Haddock can be used to prepare an array of dishes with different cooking methods.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size** Per (100 g)

Amount Per Serving

**Calories** **60**

% Daily Value\*

**Total Fat** 0.4 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 50 mg **%**

**Sodium** 290 mg **13%**

**Total Carbohydrates** 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 15 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 0.2 mg **1%**

Potassium 250 mg **5%**

\* 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
2026	10061763020268	

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
37 CMT	25.1 CMT	15.1 CMT	0.014 MTQ	11x11	547 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:

With a mild sweet flavour, Haddock can be used to prepare an array of dishes with different cooking methods.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

