



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10025907	632637	10073538259070	1/10 LB

Brand	Brand Owner	GPC Description
High Liner	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	TlxHl	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 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
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS

Ideal for pub-style entrées, fish and chips baskets or as a sandwich. Pairs well with malt vinegar and a variety of traditional cocktail sauces or your complementary sauce recipes. Our Yuengling® battered haddock fillet is perfect for a traditional fish n' chips along with a side of fries and hush puppies

INGREDIENTS

HADDOCK, WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), YUENGLING LAGER (MALTED BARLEY, WATER, HOPS, YEAST), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUGAR, SALT, SPICES, WHITE CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS. CONTAINS: FISH (HADDOCK), WHEAT

HANDLING SUGGESTIONS

Keep Frozen

PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 7-9 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

MORE INFORMATION

Nutrition Facts

20 Servings per container

Serving Size224g/About 1 Fillet

Amount Per Serving

Calories460

% Daily Value*

Total Fat20 g25%

Saturated Fat3 g16%

Trans Fat0 g

Cholesterol75 mg25%

Sodium1060 mg46%

Total Carbohydrates38 g14%

Dietary Fiber1 g4%

Total Sugars0 g

Includes 0 g Added Sugars0%

Protein27 g

Vitamin D0.6 mcg4%

Calcium30 mg2%

Iron0.8 mg4%

Potassium440 mg10%

* 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.

NUTRITIONAL ANALYSIS

Calories	460	Total Fat	20 g	Sodium	1060 mg
Protein	27 g	Trans Fat	0 g	Calcium	30 mg
Total Carbohydrates	38 g	Saturated Fat	3 g	Iron	0.8 mg
Sugars	0 g	Added Sugars	0 g	Potassium	440 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	75 mg		
Vitamin A (IU)		Vitamin D	0.6 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

