



MARKETING

PRODUCT SPECIFICATIONS

Code		Dist Prod Code		GTIN		Calculated Pack	
10025907		632637		10073538259070		1 x 10#	
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	TlxHI	Shelf Life	-10 FAH / 0 FAH	
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days		
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS

Keep Frozen

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 - N
- Soybean - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

Nutrition Facts

20 Servings per container	
Serving Size 8 oz (224g/About 1 Fillet)	
Amount Per Serving	
Calories	460
% Daily Value*	
Total Fat 20 g	25%
Saturated Fat 3 g	16%
Trans Fat 0 g	
Cholesterol 75 mg	25%
Sodium 1060 mg	46%
Total Carbohydrates 38 g	14%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 27 g	
Vitamin D 0.6 mcg	4%
Calcium 30 mg	2%
Iron 0.8 mg	4%
Potassium 440 mg	10%
* 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.	

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

PREPARATION & COOKING SUGGESTIONS

SERVING SUGGESTIONS

MORE INFORMATION

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.

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

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

