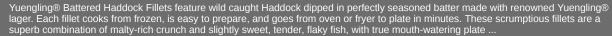
632637 - 1/10 LB Yuengling Battered Haddock Fillets, 8 oz, MSC







MARKETING



Nutrition Facts

20 Servings per container

Serving Size 224a/About 1 Fillet

Amount Per Serving alorios

460

Calories	400
	% 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 Sugar	s 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

PRODUCT SPECIFICATIONS

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

	Brand Owner		GPC Description		
High Liner High Liner Foods Inc.		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	TIxHI	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







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

(취) Milk - N

(Peanuts - N

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'



(1) Tree Nuts - N



Fish - C



Keep Frozen

(M) Shellfish - NI

Sesame - N



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

HANDLING SUGGESTIONS



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



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Yuengling® Battered Haddock Fillets feature wild caught Haddock dipped in perfectly seasoned batter made with renowned Yuengling® lager. Each fillet cooks from frozen, is easy to prepare, and goes from oven or fryer to plate in minutes. These scrumptious fillets are a superb combination of malty-rich crunch and slightly sweet, tender, flaky fish, with true mouth-watering plate ...

NUTRITIONAL ANALYSIS

Calories	460
Protein	27 g
Total Carbohydrates	38 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	
	·

Total Fat	20 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	75 mg
Vitamin D	0.6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	1060 mg
Calcium	30 mg
Iron	0.8 mg
Potassium	440 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES







