



High Liner Foodservice, 6.8 kg / 15 lb, Haddock Fillets, 227 - 340 g / 8 - 12 oz

Haddock is a premium white fish that is low in fat. 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
8889	10061763088893	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
7.484 KGM			Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
50 CMT	26.6 CMT	7.7 CMT	0.0102 MTQ	8x18	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:

unavailable

Species / Scientific Name:

Serving Suggestions:

Pan-fry Haddock, season with lemon, and serve with a side of grilled vegetables for a lighter dish.

Claims & Child Nutrition:

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

