



High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Fillets, approx. 198 g / 7 oz

Haddock is a lean, white fish with a slightly sweet taste that gives it a wonderful, melt-in-the-mouth appeal. High Liner Foodservice Signature Haddock is our premium product, individually quick-frozen for optimum convenience. It is also packed without additives to give you the most natural taste and appearance. Why not try it in your favourite recipe tonight?

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size

Per 100 g

Amount Per Serving

Calories

70

% Daily Value*

Total Fat

0.5 g

1%

Saturated Fat

0 g

0%

Trans Fat

0 g

Cholesterol

55 mg

%

Sodium

210 mg

9%

Total Carbohydrates

0 g

%

Dietary Fiber

0 g

0%

Total Sugars

0 g

Includes Added Sugars

%

Protein

16 g

Vitamin D

%

Calcium

10 mg

1%

Iron

0.2 mg

1%

Potassium

300 mg

6%

* 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 |
|------|----------------|---------------|
| 1007 | 10061763010078 | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 5.407 KGM | | | Undeclared | No |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
|----------|----------|----------|-----------|-------|------------|----------------------|
| 37.6 CMT | 31.9 CMT | 13.3 CMT | 0.016 MTQ | 9x14 | 540 Days | |

Ingredients :

Haddock. 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:

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 remove from all packaging and place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Cajun haddock with roasted sweet potatoes. With its mild, slightly sweet flavour, haddock is meant for Cajun spices. Pairing it with sweet potatoes creates a sweet and spicy dish that will set your seafood options apart from the rest.

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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