



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

Haddock is a premium white fish that is low in fat. High Liner Foodservice Haddock Fillets are individual quick frozen for convenience. With a mild sweet flavour, Haddock can be used to prepare an array of dishes with different cooking methods. MSC Certified.

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	
8884		10061763088848				
Brand			GPC Description			
High Liner Foodservice			Fish - Unprepared/Unprocessed (Frozen)			
Gross Weight		Net Weight	Country of Origin		Kosher	Gluten Free
5.22 KGM					Undeclared	No
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37 CMT	25.1 CMT	15.1 CMT	0.014 MTQ	11x11	547 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:

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 place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

Wrap bacon or prosciutto around Haddock fillets and grill on the barbeque, pair with a cherry tomato, caper and olive topping.

Species / Scientific Name:

Claims & Child Nutrition:

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

