



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:

