

# 1/20 LB Brewer's Choice Battered Haddock, Skinless Portions, Approx. 8.5 oz, MSC

These High Liner Foods Brewer's Choice® Battered Haddock Portions feature wild caught, natural cut Haddock dipped in specially seasoned batter made with rich malty beer. This seals in the Haddock's mild, sweet flavor, and melt-in-your mouth texture for that crunchy, flaky fish bite patrons can't resist. Each comes fryer or oven ready, requires minimal prep, and cooks from frozen to crunchy-tender perfection in minutes with exceptional plate coverage. A truly distinctive treat for beer lovers and non-beer lovers that fits a range of applications.

Product Last Saved Date: 02 December 2024



## Nutrition Facts

38 Servings per container

Serving Size 8.5 oz (238g/About 1 Fillet)

Amount Per Serving

**Calories 480**

% Daily Value\*

**Total Fat** 21 g **27%**

Saturated Fat 3.5 g **17%**

Trans Fat 0 g

**Cholesterol** 80 mg **27%**

**Sodium** 1310 mg **57%**

**Total Carbohydrates** 40 g **15%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein** 29 g

Vitamin D 0.7 mcg 4%

Calcium 30 mg 2%

Iron 0.8 mcg 4%

Potassium 470 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 advice.

### Product Specifications :

Code	GTIN	Type Of Catch
10001674	10073538016741	WILD

Brand	GPC Description
High Liner Foods	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TixHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	11.125 INH	1.2025 FTQ	10x3	540 Days	-10 FAH / 0 FAH

### Ingredients :

HADDOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), BEER (WATER, BARLEY MALT, RICE, HOPS AND YEAST), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT FLOUR, SALT, SUGAR, WHITE CORN FLOUR, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVORS. CONTAINS: FISH (HADDOCK), WHEAT

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 6 minutes. TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 13 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM

### Serving Suggestions:

These Brewer's Choice® Battered Haddock Portions are ideal for authentic fish and chips, fish baskets, or pub style sandwiches with thick cut fries and a side of coleslaw. They pair well with malt vinegar, traditional seafood sauces or your own complementary sauce recipe.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Claims & Child Nutrition:

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



