

## 10 Lb (4.54 kg) IQF Skinless / Boned Haddock 6 - 8 oz

High Liner Foodservice Haddock Skinless Fillets are wild caught, individually quick frozen, and offer a lot of recipe leeway in the kitchen. Each fillet cooks to desired perfection, preserving the slightly sweet, melt-in-your-mouth appeal unique to this species. A versatile, truly easy to prepare option that enhances any application you have in mind.

Product Last Saved Date: 20 October 2025



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

23 Servings per container

**Serving Size 7 oz (196g/About 1 Fillet)**

Amount Per Serving

**Calories 130**

% Daily Value\*

**Total Fat** 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 95 mg **32%**

**Sodium** 310 mg **13%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber %

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 29 g

Vitamin D 0.8 mcg 4%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 510 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
21025130	00073538251305	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	CN, TH, ID, NO, VN	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.813 INH	7.625 INH	0.5452 FTQ	15x6	547 Days	-10 FAH / 0 FAH

### Ingredients :

HADDOCK, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK)

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Serving Suggestions:

Perfect for everyday chowder, but also makes for the ideal center of the plate entrée. Pairs extremely well with a variety of sauces and sides.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

