

High Liner Foodservice Signature, 4.54 kg / 10 lb, Dip't & Dusted Southern Style Haddock Fillets

High Liner Foodservice Signature Dip't & Dusted™ Southern Style Haddock Fillets feature a delicious blend of savoury Southern Style spices your guests will most certainly crave. This results in a pleasantly flavourful, crispy crunch that perfectly complements the mild, slightly sweet, flaky wild caught Haddock. These zesty, Haddock Fillets come fully prepared with true 'from scratch' appearance, and easily bake or deep fry to golden crunchy perfection every time. Nothing's more delicious or simpler to prepare, making this Haddock an even easy menu choice.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per 1 fillet (129 g)

Amount Per Serving
Calories 210

% Daily Value*	
Total Fat 7 g	9%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 45 mg	%
Sodium 740 mg	32%
Total Carbohydrates 21 g	%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes Added Sugars	%

Protein 17 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1.75 mg	10%
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
6982	10061763069823	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Prepared/Processed (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
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

Ingredients :

Haddock, Flour (wheat, soy, corn), Water, Canola oil, Modified corn starch, Seasonings (onion, garlic, spices, disodium inosinate, disodium guanylate, hydrolyzed plant protein [corn, soy, wheat], yeast extract, thiamine hydrochloride), Salt, Wheat gluten, Soy protein, Baking Powder, Flavour (chicken), Sodium aluminum phosphate (leavening acid), Sugars (corn syrup solids), Guar flour. Contains: Haddock (fish), Wheat, Soy.

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. DEEP FRY: IMMERSE FROZEN FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 7 MIN. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW LIGHTLY GREASED BAKING PAN IN PREHEATED 400°F/200°C OVEN FOR ABOUT 16 MIN. OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW LIGHTLY GREASED BAKING PAN IN PREHEATED 450°F/230°C OVEN FOR ABOUT 20 MIN. FOR MORE EVEN BROWNING, TURN AFTER 10 MIN. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C IS REACHED.

Serving Suggestions:

Dip't & Dusted Southern Style Haddock Fillets are perfect for any breaded entrée, and pair extremely well with a variety of complementary sides.

Species / Scientific Name:

Claims & Child Nutrition:

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

