



High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen, Haddock Portions, Restaurant Cut, approx 85 g / 3 oz

High Liner Foodservice Signature Individually Quick Frozen, Restaurant Cut, Haddock Portions, is low in fat, and low in saturated fat. Haddock has no trans fat and is an excellent source of protein. These bias cut portions allow for better plate coverage and perfect for center of plate selections.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 portion (85 g)

Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0.4 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 45 mg	%
Sodium 180 mg	8%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 14 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.1 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
1123	10061763011235	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.989 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.8 CMT	32 CMT	11.5 CMT	0.0139 MTQ	9x16	540 Days	

Ingredients :

Haddock. 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.

Species / Scientific Name:

Serving Suggestions:

Can be used in many different dishes including tacos, chowder and battered fish and chips.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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Printed on 13 December 2025
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