# 632942 - 1/10 LB Raw Breaded Haddock Tail Portions, 4 oz, MSC

High Liner Breaded Haddock Tail Portions offer great value for a variety of applications. These natural-shaped wild caught Haddock portions are coated in a delicious signature seasoned breading that preserves the slightly sweet, creamy flakiness of this species. Each fries from frozen to perfection in minutes, delivering the consistency and plate appeal you demand.



#### MARKETING



# **Nutrition Facts**

40 Servings per container

Serving Size

1 Portion (112g)

Amount Per Serving Calories

140

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	

Cholesterol 40 mg	13%
Sodium 320 mg	14%

Total Carbohydrates 18 g7%Dietary Fiber 0 g0%

Total Sugars 0 g
Includes 0 g Added Sugars

0%

 Protein 13 g

 Vitamin D 0 mcg
 0%

 Calcium 0 mg
 0%

 Iron 0.4 mg
 2%

Potassium 230 mg 4%

\* 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

#### PRODUCT SPECIFICATIONS



Brand	Brand Owner	GPC Description		
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)		

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Undeclared	No

Shipping							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

### HANDLING SUGGESTIONS

Keep Frozen



#### SERVING SUGGESTIONS

complementary sauces and sides.



Perfectly portioned and shaped for fish sandwiches, baskets or fish fry specials. Pairs well with your own

advice.

# PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Deep fry portions for 4-5 minutes at 350°F or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

#### **INGREDIENTS**



HADDOCK, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, NATURAL FLAVORS, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, DEXTROSE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK), WHEAT

#### ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From';  $\overline{UN}$  = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

(门) Milk - N

Peanuts - N

( Eggs - N

(1) Tree - N

Soybean - N







Sesame - N



## MORE INFORMATION



# 632942 - 1/10 LB Raw Breaded Haddock Tail Portions, 4 oz, MSC

High Liner Breaded Haddock Tail Portions offer great value for a variety of applications. These natural-shaped wild caught Haddock portions are coated in a delicious signature seasoned breading that preserves the slightly sweet, creamy flakiness of this species. Each fries from frozen to perfection in minutes, delivering the consistency and plate appeal you demand.

# **NUTRITIONAL ANALYSIS**

_		-
1	-	U

Calories	140
Protein	13 g
Total Carbohydrates	18 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	40 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	320 mg
Calcium	0 mg
Iron	0.4 mg
Potassium	230 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

#### **NUTRITIONAL CLAIMS**

#### MORE IMAGES







