



## High Liner Signature, 4.54 kg / 10 lb, Canadian Haddock Fillets, approx. 85 g / 3 oz

Canadian sourced. Wild caught. Mild, slightly sweet taste with firm texture and delicate flake. Marine Stewardship Council CoC certified as a sustainable fishery. Portion controlled for consistent plate presentation and food cost.

Product Last Saved Date: 05 March 2026



## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (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 |
|------|----------------|---------------|
| 4003 | 10061763040037 |               |

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

| Gross Weight | Net Weight | Country of Origin | Kosher     | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 4.955 KGM    |            |                   | Undeclared |             |

### Shipping Information

| Length   | Width    | Height   | Volume    | TlxHI | Shelf Life | Storage Temp From/To |
|----------|----------|----------|-----------|-------|------------|----------------------|
| 38.6 CMT | 30.3 CMT | 12.1 CMT | 0.014 MTQ | 10x15 | 540 Days   |                      |

### Ingredients :

Contains: Haddock (fish).

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

|              |                 |               |
|--------------|-----------------|---------------|
| 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.

### Serving Suggestions:

Haddock is very versatile, and is ideal baked, broiled, poached, sautéed, steamed or pan fried.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

