



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

Harvested from the pristine North Atlantic waters off the east coast of Newfoundland and Labrador, these Atlantic Cod tails are processed and flash frozen within 2-3 days of catch. Meet your guests demands for premium seafood with these locally sourced Atlantic Cod tails. Canadian sourced.

Product Last Saved Date: 13 June 2025



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	No

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'):

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:

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

Claims & Child Nutrition:

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

