

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

60

Calories	
	% 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%

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	TIxHI	Shelf Life	Storage Temp From/To
ľ	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.

Serving Suggestions:

nutrition advice.

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:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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