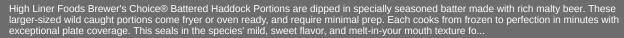
632643 - 1/20 LB Brewer's Choice Battered Haddock Skinless Fil...







MARKETING



Nutrition Facts

29 Servings per container

Serving Size 308g / About 1 Fillet

Amount Per Serving

Calories	620
	% Daily Value
Total Fat 27 g	35%
Saturated Fat 4.5 g	21%
Trans Fat 0 g	
Cholesterol 105 mg	35%
Sodium 1700 mg	74%
Total Carbohydrates 52 g	19%
Dietary Fiber 2 g	5%
Total Sugars 1 g	
Includes 0 g Added Suga	rs 0 %
Protein 37 g	
Vitamin D 0.9 mcg	4%
Calcium 40 mg	2%
Iron 1.1 mg	6%
Potassium 610 mg	15%

contributes to a daily diet. 2,000 calories a day is used for general nutrition

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10001662	632643	10073538016628	1/20 LB

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

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
22 LBR	20 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	12.125 INH	1.3106 FTQ	10x3	540 Days	-10 FAH / 0 FAH

ALLERGENS







These Brewers Choice® Battered Haddock Portions are ideal for big appetite fish and chips, oversized sandwiches, and as a hearty center of the plate. They pair well with malt vinegar, traditional seafood sauces or your own complementary sauce.

C = 'Contains', MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info' (例)Milk - N







(M) Shellfish - NI



Fish - C









(%) Sesame - N

Keep Frozen

SERVING SUGGESTIONS

INGREDIENTS

HADDOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), BEER (WATER, BARLEY MALT, RICE, HOPS AND YEAST), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT FLOUR, SALT, SUGAR, WHITE CORN FLOUR, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVORS. CONTAINS: FISH (HADDOCK), WHEAT

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 7 minutes. TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

MORE INFORMATION



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High Liner Foods Brewer's Choice® Battered Haddock Portions are dipped in specially seasoned batter made with rich malty beer. These larger-sized wild caught portions come fryer or oven ready, and require minimal prep. Each cooks from frozen to perfection in minutes with exceptional plate coverage. This seals in the species' mild, sweet flavor, and melt-in-your mouth texture fo...

NUTRITIONAL ANALYSIS

Calories	620
Protein	37 g
Total Carbohydrates	52 g
Sugars	1 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	27 g
Trans Fat	0 g
Saturated Fat	4.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	105 mg
Vitamin D	0.9 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	
	·

Sodium	1700 mg
Calcium	40 mg
Iron	1.1 mg
Potassium	610 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES







