

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

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...



MARKETING

PRODUCT SPECIFICATIONS

Code		Dist Prod Code		GTIN		Calculated Pack	
10001662		632643		10073538016628		29 x 11 OZ	
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	TlxHI	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	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS

Keep Frozen

ALLERGENS

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'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

## Nutrition Facts

29 Servings per container

**Serving Size 11 oz (308g / About 1 Fillet)**

Amount Per Serving	
<b>Calories</b>	<b>620</b>
% Daily Value*	
<b>Total Fat</b> 27 g	<b>35%</b>
Saturated Fat 4.5 g	<b>21%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 105 mg	<b>35%</b>
<b>Sodium</b> 1700 mg	<b>74%</b>
<b>Total Carbohydrates</b> 52 g	<b>19%</b>
Dietary Fiber 2 g	<b>5%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 37 g	

Vitamin D 0.9 mcg	4%
Calcium 40 mg	2%
Iron 1.1 mg	6%
Potassium 610 mg	15%

\* 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.

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

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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.

SERVING SUGGESTIONS



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.

MORE INFORMATION



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

