



## 10 Lb (4.54 kg) Crunchy Breaded Haddock Squares 4 oz, MSC

High Liner Foodservice Crunchy Breaded Haddock Squares feature wild caught premium Haddock portions coated in a signature seasoned breading to excite any taste preference. These portions quickly deep-fry from frozen to extra crunchy perfection, preserving the slightly sweet, creamy flakiness of this species. An excellent value with superior consistency and plate appeal for a variety of applications.

Product Last Saved Date: 30 June 2025



## Nutrition Facts

40 Servings per container  
**Serving Size 1 Portion 112g)**

**Amount Per Serving**  
**Calories 170**

% Daily Value*	
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 35 mg	<b>12%</b>
<b>Sodium</b> 330 mg	<b>14%</b>
<b>Total Carbohydrates</b> 25 g	<b>9%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 1 g	
Includes 1 g Added Sugars	<b>1%</b>

<b>Protein</b> 14 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.8 mg	4%
Potassium 230 mg	4%

\* 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
10022627	00079149226275	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TLXHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :						
HADDOCK, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHITE CORN FLOUR, NATURAL FLAVOR, SUGAR, CANOLA OIL, SALT, SPICES, YEAST, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (HADDOCK), WHEAT						

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Serving Suggestions:

Ideal for crispy fish sandwiches or baskets. Pairs well with coleslaw and fries, traditional seafood sauces or your own complementary sauce recipes.

### Claims & Child Nutrition:

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

