



1/10 LB 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: 04 April 2025



Nutrition Facts

40 Servings per container
Serving Size 1 Portion 112g)

Amount Per Serving
Calories 170

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

| | |
|---------------------|----|
| Protein 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:

