



## 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: 20 October 2025



**HIGH LINER**  
FOODSERVICE™

## 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	

### 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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### 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:

