

## 4/12 Lb Frozen-At-Sea Haddock Fillets 8 - 10 oz, MSC

Icelandic Frozen-At-Sea Haddock Fillets are wild caught in the pristine waters of Iceland and frozen at sea for peak freshness. Representing Haddock at its best, these recipe-ready fillets are easy to prepare, and cook to desired perfection, preserving this species' famously mild, sweet flavor and melt-in-your-mouth, flaky texture. A versatile choice for a range of menu applications.

Product Last Saved Date: 04 December 2024



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

21 Servings per container

**Serving Size 9 zo (252g/About 1 Fillet)**

Amount Per Serving

**Calories 190**

	% Daily Value*
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 140 mg	<b>46%</b>
<b>Sodium</b> 170 mg	<b>8%</b>
<b>Total Carbohydrates</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

**Protein** 42 g

Vitamin D 1.1 mcg	6%
Calcium 30 mg	2%
Iron 0.4 mg	2%
Potassium 730 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.

### Product Specifications :

Code	GTIN	Type Of Catch
21052061	10073538520613	WILD

Brand	GPC Description
Icelandic	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
51 LBR	48 LBR	Iceland	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.25 INH	11 INH	10 INH	1.1617 FTQ	9x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

CONTAINS: FISH (HADDOCK)

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

### Prep & Cooking Suggestions:

COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Serving Suggestions:

Ideal for any Haddock entrée that calls for the freshest catch, from fine dining to lighter, healthier entrées. Also ideal for fish and chips. Pairs well with a variety of complementary sauces and sides.

### Claims & Child Nutrition:

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



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