

# 48 Lb (21.77 kg) Frozen-At-Sea Haddock Fillets 8 - 10 oz, 4 x 12 Lb, 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: 20 October 2025



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

21 Servings per container

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

Amount Per Serving

**Calories 190**

% Daily Value\*

**Total Fat 1 g 1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol 140 mg 46%**

**Sodium 170 mg 8%**

**Total Carbohydrates 0 g 0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

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

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

### 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:

