

1/20 LB Big Bob's Country Breaded Skin-On Haddock Fillets, Approx. 11 oz, Kosher, MSC

It doesn't get any bigger or better than Big Bob's Belly Buster® Breaded Skin-On Haddock Fillets. These larger-than-life Country Style fillets are coated with comfort food quality, country herbed and spiced breading for the ultimate "wow" factor in flavor, plate coverage, consistency, and appeal. Whether baked or fried, each cooks up from frozen in minutes to please the biggest appetites.

Product Last Saved Date: 02 December 2024



Nutrition Facts

80 Servings per container

Serving Size 4 oz (112g / About 1/3 piece)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 11 g 14%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 40 mg 13%

Sodium 540 mg 23%

Total Carbohydrates 22 g 8%

Dietary Fiber 0 g 0%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 14 g

Vitamin D 0 mcg 0%

Calcium 15 mg 2%

Iron 1 mg 6%

Potassium 241 mg 6%

* 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
10001715	10073538017151	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	12.125 INH	1.3106 FTQ	10x3	540 Days	-10 FAH / 0 FAH

Ingredients :

HADDOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED BLEACHED WHEAT FLOUR (WHEAT & MALT BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: BLEACHED WHEAT FLOUR, WATER, SALT, SPICES, SUGAR, ONION POWDER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), GARLIC, YEAST, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GARLIC POWDER, PAPRIKA EXTRACT (COLOR). CONTAINS: HADDOCK (FISH), 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 7 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 21-23 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 22-24 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal as an eye-catching entrée, hearty-sized fish basket or oversized sandwich. Pairs well with a variety of sauces and sides that complement such big, bold flavors.

Species / Scientific Name:

Haddock - *Melanogrammus aeglefinus*

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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