

10 Lb (4.54 kg) Breaded Haddock Squares 4 oz, MSC

High Liner Foodservice Crunchy Breaded haddock Squares feature tender, wild caught haddock portions coated in a delicious signature seasoned breading. The result is a pleasantly crispy bite with all the moist, flaky texture of this species. Each fries from frozen to perfection in no time with excellent consistency and plate appeal for a variety of applications.

Product Last Saved Date: 20 October 2025

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / about 1 portion)

Amoun	t Pe	Servi	ing
Cal	or	ies	3

180

Calories	100
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 35 mg	12%
Sodium 450 mg	20%
Total Carbohydrates 28 g	10%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 1 mg Added Sugars	2%
Protein 14 g	
Vitamin D 0 mcg	0%
Calcium 14 mg	2%
Iron 1 mg	6%
Potassium 218 mg	4%

Ī	Product Specifications :					
	Code	GTIN	Type Of Catch			
on	12300320	10035493003204	WILD			

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.72 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	547 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 LESS THAN 2% OF THE FOLLOWING: WHITE CORN FLOUR, SALT, SUGAR, YEAST, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), GARLIC POWDER, SPICES, CANOLA OIL, PAPRIKA EXTRACT (COLOR), NATURAL FLAVOR, WHEAT FLOUR. CONTAINS: HADDOCK (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 3-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

Serving Suggestions:

Perfect as a sandwich, but also as a center of the plate entrée, or portioned atop a fresh salad. Pairs well with your own complementary sauces and sides.

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) http://www.highlinerfoods.com Page 1 of 1

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