



## 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



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

40 Servings per container

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

Amount Per Serving

**Calories 180**

% 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%**

\* 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
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	

### Shipping Information

Length	Width	Height	Volume	TlxHI	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' 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 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:

