

# High Liner Foodservice Signature, 4.54 kg / 10 lb, DIP'T & DUSTED Southern Style Haddock Strips

High Liner Foodservice Signature Dip't & Dusted™ Southern Style Haddock Strips feature a delicious blend of savoury Southern Style spices your guests will want again and again. This results in a pleasantly flavourful, crispy crunch that perfectly complements the mild, slightly sweet, flaky wild caught Haddock. These irresistibly zesty Haddock Strips come fully prepared with 'from scratch' appearance without the 'from scratch' prep, and easily bake or deep fry to golden crunchy perfection every time.

Product Last Saved Date: 04 June 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 2 strips (108 g)**

Amount Per Serving

**Calories 180**

% Daily Value\*

**Total Fat** 6 g **8%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

**Cholesterol** 35 mg **%**

**Sodium** 670 mg **29%**

**Total Carbohydrates** 17 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 14 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 1.5 mg **8%**

Potassium 225 mg **5%**

\* 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
6872	10061763068727	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.9 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

### Ingredients :

Haddock, Flour (wheat, soy, corn), Water, Canola oil, Seasonings (onion, garlic, spices, disodium inosinate, disodium guanylate, hydrolyzed plant protein [corn, soy, wheat], yeast extract, thiamine hydrochloride), Modified corn starch, Salt, Wheat gluten, Soy protein, Baking Powder, Sodium phosphate (to retain moisture), Flavour (chicken), Sodium aluminum phosphate (leavening acid), Sugars (corn syrup solids), Guar flour. Contains: Haddock (fish), Wheat, Soy.

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

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY: IMMERS FROZEN STRIPS IN PREHEATED 350°F/180°C FOR ABOUT 6-6 ½ MIN. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN STRIPS ON SHALLOW LIGHTLY GREASED BAKING PAN IN PREHEATED 400°F/200°C OVEN FOR ABOUT 12 MIN. FOR MORE EVEN BROWNING, TURN AFTER 6 MIN. OVEN: PLACE SINGLE LAYER OF FROZEN STRIPS ON SHALLOW LIGHTLY GREASED BAKING PAN IN PREHEATED 450°F/230°C OVEN FOR ABOUT 18 MIN. FOR MORE EVEN BROWNING, TURN AFTER 10 MIN. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C IS REACHED.

### Serving Suggestions:

Dip't & Dusted Southern Style Haddock Strips are perfect for any breaded entrée. They pair extremely well with a variety of complementary sides.

### Species / Scientific Name:

### 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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