



High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Haddock Fillets, approx. 170 g / 6 oz

Haddock is a lean, white fish with a slightly sweet taste that gives it a wonderful, melt-in-the-mouth appeal. High Liner Foodservice Signature Haddock is our premium product, individually quick-frozen for optimum convenience. It is also packed without additives to give you the most natural taste and appearance. Why not try it in your favourite recipe tonight?

Product Last Saved Date: 04 June 2025



# Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (170 g)**

**Amount Per Serving**

**Calories**

120

	% Daily Value*
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 90 mg	<b>%</b>
<b>Sodium</b> 360 mg	<b>16%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 28 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.3 mg	2%
Potassium 500 mg	11%

\* 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
1006	10061763010061	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Unprepared/Unprocessed (Frozen)

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.6 CMT	31.9 CMT	13.3 CMT	0.016 MTQ	9x14	540 Days	

**Ingredients :**

Haddock. Contains: Haddock (fish).

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. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW remove from all packaging and place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

**Species / Scientific Name:**

**Serving Suggestions:**

Cajun haddock with roasted sweet potatoes. With its mild, slightly sweet flavour, haddock is meant for Cajun spices. Pairing it with sweet potatoes creates a sweet and spicy dish that will set your seafood options apart from the rest.

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

