

# 1/10 LB Breaded Haddock Tail Portions, 5 oz, MSC

High Liner Breaded Haddock Tail Portions offer great value for a variety of applications. These natural-shaped wild caught Haddock portions are coated in a delicious signature seasoned breading that preserves the slightly sweet, creamy flakiness of this species. Each fries from frozen to perfection in minutes, delivering the consistency and plate appeal you demand.

Product Last Saved Date: 17 February 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

32 Servings per container

**Serving Size** 1 Portion (140g)

Amount Per Serving

**Calories** 170

% Daily Value\*

**Total Fat** 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 50 mg 16%

**Sodium** 380 mg 16%

**Total Carbohydrates** 22 g 8%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 16 g

Vitamin D 0.4 mcg 4%

Calcium 0 mg 0%

Iron 0.5 mg 2%

Potassium 280 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
01075	00074638010755	WILD

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

### Ingredients :

HADDOCK, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVORS, SALT, SOYBEAN OIL, DEXTROSE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (HADDOCK), 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: Fry for 4-5 minutes at 350°F or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Haddock - Melanogrammus aeglefinus

### Serving Suggestions:

Perfectly portioned and shaped for fish sandwiches, baskets or fish fry specials. Pairs well with your own complementary sauces and sides.

### Claims & Child Nutrition:

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

