

## 4 oz Crunchy Breaded Haddock Squares

Quick and easy to prepare, these tender portions combine moist, flaky fish with a uniquely delicious breading. Available in a wide range of shapes and species.



# Nutrition Facts

40 Servings per container

**Serving Size 1 PORTION**

Amount Per Serving

**Calories 170**

% Daily Value\*

**Total Fat** .5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 35 mg **12%**

**Sodium** 330 mg **14%**

**Total Carbohydrate** 25 g **9%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 1 g Added Sugars **1%**

**Protein** 14 g

Vitamin D 0 mg **0%**

Calcium 0 mg **0%**

Iron .8 mg **4%**

Potassium 230 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	Pack	Type Of Catch
10022627	00079149226275	1 X 10 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10.0 LBR	CAN	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8 INH	7.8 INH	8.6 INH	0.6 FTQ	15x5	547 Days	-25 FAH / -25 FAH

### Ingredients:

HADDOCK, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHITE CORN FLOUR, NATURAL FLAVOR, SUGAR, CANOLA OIL, SALT, SPICES, YEAST, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (HADDOCK), WHEAT, MILK

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

Eggs - N	Milk - C	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	

### Prep & Cooking Suggestions:

DEEP FRYING:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Serving Suggestions:

ENTREE

### Species / Scientific Name:

Haddock

### Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No

