

5 oz Breaded Haddock Tail Portions

These shaped portions combine great value with a natural appearance and superior plate consistency. Available in a range of sizes and breadings to suit every need. Simply fry and serve!



Nutrition Facts

32 Servings per container

Serving Size 1 Portion

Amount Per Serving

Calories 170

% Daily Value*

Total Fat .5 g 1%

Saturated Fat 0 g 1%

Trans Fat 0 g

Cholesterol 50 mg 16%

Sodium 380 mg 16%

Total Carbohydrate 22 g 8%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 16 g

Vitamin D .4 mg 2%

Calcium 0 mg 0%

Iron .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	Pack	Type Of Catch
01075	00074638010755	1 X 10 LBR	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	USA	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	0 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 FLAVOR, SALT, SOYBEAN OIL, DEXTROSE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE).
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:

COOKING INSTRUCTIONS: Deep fry for 4-5 minutes at 350°F or until golden brown, drain and serve.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

fish sandwich, Friday night fish fry

Species / Scientific Name:

Haddock

Claims & Child Nutrition:

BAP Certified :

MSC Certified : Yes

Has CN Statement : No

