



Nutrition Facts

29 Servings per container
Serving Size About 1 Fillet

Amount Per Serving
Calories **620**

		% Daily Value*
Total Fat	27 g	35%
Saturated Fat	4.5 g	21%
Trans Fat	0 g	
Cholesterol	105 mg	35%
Sodium	1420 mg	62%
Total Carbohydrate	52 g	19%
Dietary Fiber	2 g	5%
Total Sugars	1 g	
Includes 0 g	Added Sugars	1 %
Protein	37 g	
Vitamin D	.9 mg	4%
Calcium	40 mg	2%
Iron	1.1 mg	6%
Potassium	610 mg	15%

*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
10001662	10073538016628	1 X 20 LBR	Wild

Brand	GPC Description
Icelandic	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TLXHI	Shelf Life	Storage Temp
15.8 INH	11.8 INH	12.1 INH	1.3 FTQ	10x3	18	0 FAH / 0 FAH

Ingredients:

HADDOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), BEER (WATER, MALTED BARLEY, HIGH MALTOSE SYRUP, HOPS, CARAMEL), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUGAR, SALT, SPICE, WHITE CORN FLOUR, NATURAL FLAVORS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE). 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	

Prep & Cooking Suggestions:

Cook from frozen.
DEEP FRY: Preheat fryer to 350°F. Fry for about 7 minutes.
BAKE: Place frozen fillets on a lightly oiled sheet pan.
CONVECTION OVEN: Preheat oven to 400°F. Bake for about 15 minutes.

Serving Suggestions:

This huge battered haddock is skinless and perfect for the center of the plate to be sure to fill you up!

Species / Scientific Name:

Haddock

Claims & Child Nutrition:

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

