

Frozen-At-Sea Haddock Fillet Shatter Pack 10-12

Haddock at its best from Iceland is available in a variety of cello and shatter packs. This sweet, mild menu favorite is both versatile and delicious, from fish 'n chips to your finest dish.



Nutrition Facts

Serving Size: 112 GRM

Household Serving Size: ABOUT 1/3

Number of Servings per Package: 192

Amount Per Serving

Calories 100 Calories from Fat: 10

	Per Serving	% Daily Value*
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	55 mg	18%
Sodium	95 mg	4%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	21 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Code	GTIN	Pack	Type Of Catch
21052062	10073538520620	4 X 12 LBR	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
51.0 LBR	48.0 LBR	Iceland	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
18.25	11 INH	10 INH	1.1617	9x4	547 Days	-15 FAH / -14 FAH

Ingredients :

Haddock Contains: Fish

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

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

Prep & Cooking Suggestions:

For best results cook from frozen. Can be cooked from frozen or thawed. To thaw, place the fillet on a sheet pan in a single layer, cover with plastic wrap and refrigerate for 24 hours or thaw in sealed bag under cool running water. Preheat conventional oven to 400 to 425°F. Sprinkle fillet with lemon juice, salt and pepper

Serving Suggestions:

ENTREE

Species / Scientific Name:

Haddock / *Melanogrammus aeglefinus*

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No