

3 oz Breaded Haddock Rectangles, CN

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

Serving Size: 84 GR

Household Serving Size: 1 PORTION

Number of Servings per Package: 53

Amount Per Serving

Calories 180 Calories from Fat: 80

	Per Serving	% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	350 mg	15%
Total Carbohydrate	16 g	5%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	9 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%

*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
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Product Specifications:

Code	GTIN	Pack	Type Of Catch
10001110	10073538011104	1 X 10 LB	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	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8125	7.8125	8.625	0.6166	15x5	547 None	-15 FA / -14 FA

Ingredients :

HADDOCK: 65.0%. BREADING: 19.6%; ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, PARTIALLY HYDROGENATED SOYBEAN OIL, COLORED WITH OLEORESIN PAPRIKA AND ANNATTO EXTRACT. BATTER: 15.4%; WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), CELLULOSE GUM, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL
CONTAINS FISH, WHEAT.

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-17 minutes.

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

Serving Suggestions:

ENTREE

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

Eggs - NI	Milk - NI
Soy - NI	Wheat - NI
Fish - NI	Crustacean - NI
Nuts - NI	TreeNuts - NI
Peanuts - NI	

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : Yes

CN Statement : 1.5M / .75 B

Species / Scientific Name:

Haddock

CN Information :

CN Statement : 1.5M / .75 B

Suggested Bid :

Meat/Meat Alternative : **SIZE**
 (65.0%) COOKED WT. (78% YIELD)
 1.50 oz

3.00 oz RAW INPUT WEIGHT 1.950 oz
 1.521 oz MEAT EQUIVALENT (1)

WholeGrain Credit Calculation : N/A

882 31014

INDIVIDUALLY QUICK FROZEN

KEEP FROZEN

DO NOT REFREEZE

2559303





Par Fried Breaded Fish Portions

3 OZ

SEA CRISP

10001110

COOKING INSTRUCTIONS:
 CONVECTION OVEN: Bake frozen portions at 400°F for 18-12 minutes.
 CONVENTIONAL OVEN: Bake frozen portions at 350°F for 15-17 minutes.
 NOTE: LOOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

INGREDIENTS: 65.0% HADDOCK (63.21% FISH, 1.74% WATER, 0.05% SODIUM TRIPOLYPHOSPHATE TO RETAIN MOISTURE), BREADING: 19.8% ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, DRIED YEAST, PAPRIKA AND ANNATTO EXTRACT (FOR COLOR), BATTER: 15.4% WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, SALT, CELLULOSE, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PHOSPHATE, MONOCALCIUM PHOSPHATE), FAT, N. L. FLAVOR, FRIED IN SOYBEAN OIL.
 CONTAINS: FISH (HADDOCK), WHEAT

091480

ONE (3 OZ) OF PAR FRIED BREADED FISH PORTION PROVIDES 1.25 OZ SERVING EQUIVALENT FOR CHILD NUTRITIONAL MEAL PATTERN EQUIVALENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED, CN OF THE FOOD AND NUTRITION SERVICE, USDA 08-0314.)

CN

DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements.

MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801
 FOR INQUIRIES CALL: 1-888-369-3664
 www.highlinerfoods.com



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Nutrition Facts

Serving Size 1 Portion (3oz)
 Servings Per Container About 53

Amount Per Serving		% Daily Value*
Calories 180	Calories from Fat 50	
Total Fat	14g	28%
Saturated Fat	1.5g	3%
Trans Fat	0g	
Cholesterol	25mg	5%
Sodium	350mg	15%
Total Carbohydrate	16g	3%
Dietary Fiber	0g	0%
Sugars	0g	

Proteins 9g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a diet of other people's dead. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
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COPY NOT FOR DOCUMENTING Federal Meal Requirements

Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer
High Liner Foods