HIGH LINER FOODS

# 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

## 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 | TIxHI | 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



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## CN Information :

| | |
|---|---|
| CN Statement : | 1.5M / .75 B |
| Suggested Bid : | |
| Meat/Meat Alternative : | SIZE 3.00 oz RAW INPUT WEIGHT 1.950 oz<br>(65.0%) COOKED WT. (78% YIELD) 1.521 oz MEAT EQUIVALENT (1)<br>1.50 oz |
| WholeGrain Credit Calculation : | N/A |




Kathy Gilmore Date: 11/14/2013

Kathy Gilmore, Quality Engineer

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