

Gloucester Style Natural Shaped Breaded Haddock

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

Serving Size: 112 GR

Household Serving Size: 1 piece

Number of Servings per Package: 40

Amount Per Serving

Calories 140 Calories from Fat: 0

	Per Serving	% Daily Value*
Total Fat	.5 g	0%
Saturated Fat	1 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	380 mg	16%
Total Carbohydrate	17 g	6%
Dietary Fiber	1 g	0%
Sugars	1 g	
Protein	17 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	2%	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
1089010	10035493890101	1 X 10 LB	

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	No	

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, WATER, BLEACHED WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, MODIFIED CORN STARCH, SALT, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, WHITE CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOY FLOUR, NONFAT MILK, SUGAR, CHICKEN FLAVOR (HYDROLYZED CORN, SOY, AND WHEAT GLUTEN PROTEIN, AUTOLYZED YEAST EXTRACT, DEHYDRATED CHICKEN BROTH, CHICKEN FAT, THIAMINE HYDROCHLORIDE, CORN SYRUP SOLIDS), TORULA YEAST, ONION POWDER, GARLIC POWDER, PARTIALLY HYDROGENATED SOYBEAN OIL, EGGS, NATURAL FLAVOR, SPICES, DEXTROSE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE).

Prep & Cooking Suggestions:

READY TO COOK / COOK HARD FROZEN. FRY 4 TO 4 1/2 MINUTES AT 360° F

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No

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	

Species / Scientific Name: