

IQF, Boneless North Atlantic Haddock Fillets



Latin Name: Melanogrammus aeglefinus

Country of Origin: Norway

Method of Harvest: Wild Caught Trawl / Long Line

Season: Year-round

Brands: Seafine

Product forms: Skinless & Skin-on Fillets, Loins

Storage Temp: -0° F (- 18° C)

Frozen Shelf Life: 12 months

Fillet Sizes: 4-6oz, 6-8oz, 8-10oz, 10-12oz & 12-16oz

Loin Sizes: 3oz, 4oz, 5oz & 6oz

Ingredients: Haddock

Contains: Fish (Haddock)

Key Selling Points:

- Prized for it's Mild, Slightly Sweet Taste and Firm Texture
- Available Year Round
- Variety of Fillet Sizes
- MSC Certified Fishery
- Chemical Free
- 100% Net Weight

FLAVOR PROFILE



TEXTURE



COOKING SUGGESTIONS:

Bake, broil or sauté fillets until fish flakes easily with a fork.

Thawing: Place fillets in a container on the bottom shelf in the refrigerator and thaw for 8-24 hours; temperature should not exceed 45° F.

Safe Handling: Keep frozen. Do not refreeze once thawed. Cook thoroughly to 145° F for 15 seconds to reduce risk of foodborne illness.

Nutrition Facts

Serving Size: 4oz. (112g)

Amount Per Serving

Calories 80 Calories from Fat 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 280mg **12%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 19g

Vitamin D 0% • Calcium 0%

Iron 0% • Potassium 6%



*Percent Daily Values are based on a 2,000 calorie diet.

Case Pack	Net Weight	Case Dimensions	Case Cube	Ti/Hi	Pallet Count
1 x 10 lb.	10 lbs.	15.5 x 10.75 x 4.5	.43	10/14	140

Additional Pack Sizes Available.



Eastern Fisheries, Inc.

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