## 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

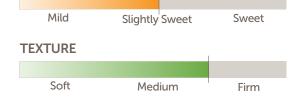
**Ingredients:** Haddock Contains: Fish (Haddock)

## **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**



## **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 I	0-0-0
Serving Size:	4oz. (112g)
Amount Per Serving	
Calories 80 Calories fro	om 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% • P	otassium 6%





<sup>\*</sup>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 × 10.75 × 4.5	.43	10/14	140

Additional Pack Sizes Available.

