

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



FROSTMARK

HADDOCK

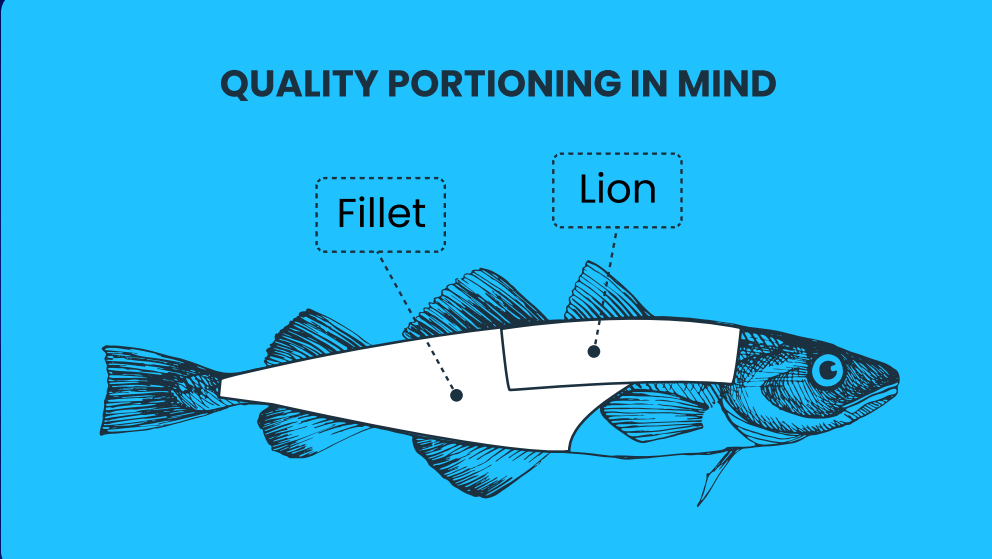
Wild-caught from North Atlantic Waters

GUARANTEED 100% NET WEIGHT



Fried

Raw



QUALITY PORTIONING IN MIND

NUTRITIONAL VALUE	
Calories	82
Protein	17.81g
Total Fat	0.67g



Wild Caught Haddock

Known for its fine lean white flakes, wild-caught haddock is perfect for grilling, frying, baking, and broiling. This versatile fish is the ideal choice for delicious Fish and Chips. Haddock's sweet flavor comes from its diet of shrimp, making it a favorite among seafood lovers. Available year-round, you can find it both skinless and skin-on, ensuring freshness in every bite.

Specifications

SCIENTIFIC NAME

Melanogrammus Aeglefinus

AVAILABILITY

Available year round skinless and skin-on

Year Round

WHOLE FISH FACTS

2-7 lbs.

Average Fish Size

14-30 inches

Average Fish Length

Catch Area North Atlantic

Wild caught, sustainably sourced

Nutrition Facts

Per 100g serving

FATS

Saturated Fat	0.131g
Polyunsaturated	0.231g
Monounsaturated	0.094g

MINERALS

Cholesterol	43mg (14%)
Sodium	54mg (2%)
Potassium	413mg (9%)
Calcium	16mg (1%)
Iron	0.38mg (2%)

VITAMINS

Vitamin A	12mcg (1%)	Vitamin C	1mg (1%)
Vitamin D	1mcg (6%)		

82

CALORIES
343 kJ

17.81g

PROTEIN

0.67g

TOTAL FAT
1% DV

0g

CARBS
0% DV

Cooking Methods

Haddock features fine, lean white flakes with a mild and slightly sweet flavor. This versatile whitefish is perfect for almost every cooking method and pairs wonderfully with a wide range of seasonings and sauces. Renowned for its classic use in fish and chips, it is a favorite for both everyday meals and elegant dining. Haddock is an ideal choice for:

- Grilled
- Baked
- Fried
- Pan/Deep Fried
- Broiled
- Sauteed



Available Cuts



SKINLESS



SKIN-ON

Haddock Skinless Fillets IQF

Fine lean white flakes with a mild, sweet taste. Skinless fillets are perfect for frying, baking, and broiling. The ideal choice for Fish and Chips.

Available Sizes:

4-6 oz	6-8 oz	8-10 oz
10-12 oz	12-16 oz	

Pack Size: **1/10# IQF**

Haddock Skin-on Fillets IQF

Skin-on fillets are perfect for retaining moisture and enhancing flavor while cooking. They're especially great for grilling and pan-frying, giving you that delicious crispy skin finish.

Available Sizes:

6-8 oz	8-10 oz
10-12 oz	12-16 oz

Pack Size: **1/10# IQF**



IQF LOINS

Haddock IQF Loins

Premium IQF loins offer consistent portion sizes and maximum yield, ideal for restaurants and retail applications.

Available Sizes:

3 oz	4 oz	5 oz	6 oz
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Pack Size: **1/10# IQF**