

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



FROSTMARK

# HADDOCK

Wild-caught from North Atlantic Waters

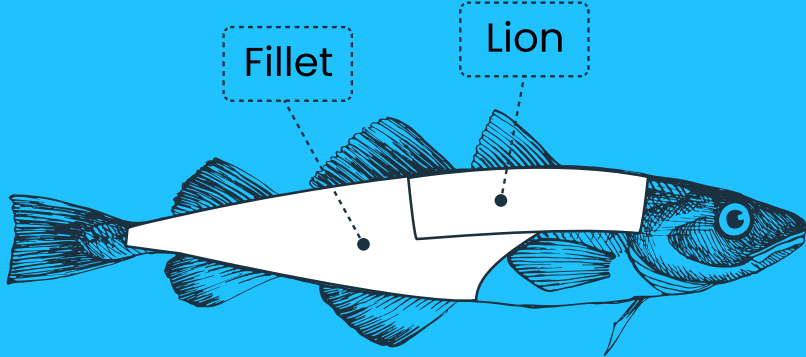
GUARANTEED 100% NET WEIGHT



Fried

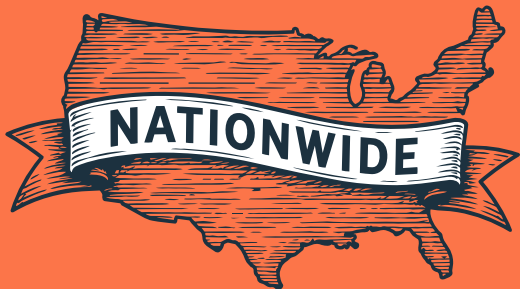
Raw

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

|           |      |
|-----------|------|
| Calories  | 90   |
| Protein   | 20g  |
| Total Fat | 0.7g |



NATIONWIDE STORING AND DELIVERY



# 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             |             | MINERALS    |             |
| Saturated Fat    | 0.1g        | Cholesterol | 57mg (19%)  |
| Polyunsaturated  | 0.231g      | Sodium      | 130mg (6%)  |
| Monounsaturated  | 0.094g      | Potassium   | 600mg (13%) |
|                  |             | Calcium     | 14mg (1%)   |
|                  |             | Iron        | 0.2mg (1%)  |
| VITAMINS         |             |             |             |
| Vitamin A        | 12mcg (1%)  | Vitamin C   | 1mg (1%)    |
| Vitamin D        | 1.1mcg (6%) |             |             |

|                          |                |                            |                      |
|--------------------------|----------------|----------------------------|----------------------|
| 90<br>CALORIES<br>377 kJ | 20g<br>PROTEIN | 0.7g<br>TOTAL FAT<br>1% DV | 0g<br>CARBS<br>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



## 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 |
|------------|-----------|



## 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 |
|------|------|------|------|

|            |           |
|------------|-----------|
| Pack Size: | 1/10# IQF |
|------------|-----------|