

S P E C S H E E T

Specie:

Melanogrammus aeglefinus

Sizing - Format:

3 oz IQF (1 X 4,54 kg) #145

4 oz IQF (1 X 4,54 kg) #146

5 oz IQF (1 X 4,54 kg) #147

6 oz IQF (1 X 4,54 kg) #113

Origin: Norway, North Atlantic

Fishing type: Wild Caught

Processed in: China

Texture and Taste: Sweet, flaky and firm

Features:

The loin is a select cut from the thick part of the fillet

Skinless

Boned

IQF Product

Ingredients:

Haddock, water and sodium tripolyphosphate (to retain moisture)

Shelf life:

24 months after freezing date

Freezer : -18 C or less

Fridge : 48 hours

Do not refreeze thawed product



| Valeur nutritive Nutrition Facts | |
|---|--|
| Par longe (113 g) / Per loin (113 g) | |
| Calories 84 | % valeur quotidienne * % Daily Value* |
| Lipides / Fat 1 g | 1 % |
| saturés / Saturated 0 g | |
| + trans / Trans 0 g | 0 % |
| Glucides / Carbohydrate 0 g | |
| Fibres / Fibre 0 g | 0 % |
| Sucres / Sugars 0 g | 0 % |
| Protéines / Protein 20 g | |
| Cholestérol / Cholesterol 55 mg | |
| Sodium 76 mg | 3 % |
| Potassium 355 mg | 7 % |
| Calcium 12 mg | 1 % |
| Fer / Iron 0.1 mg | 1 % |

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
* 5% or less is **a little**, 15% or more is **a lot**

