

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)

Contains / Allergens :

Fish

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

