Pêcheries Océanic Fisheries inc.
20 ans years

HADDOCK FILLET

S P E C S H E E T

Specie:
Melanogrammus aeglefinus

Sizing - Format:
4 oz IQF (1 X 4,54 kg) #150
5 oz IQF (1 X 4,54 kg) #148
6 oz IQF (1 X 4,54 kg) #164
7 oz IQF (1 X 4,54 kg) #159
6-8 oz IQF (1 X 4,54 kg) #166
8-10 oz IQF (1 X 4,54 kg) #165

Origin: Norway, North Atlantic

Fishing type: Wild Caught

Processed in: China

Texture and Taste: Sweet, flaky and firm

Features:
Skinless
Boned
IQF Product

Ingredients:
Haddock, water and sodium tripolyphosphate (to retain moisture)

Contains / Allergens :
Fish, (Although we have done our best to eliminate all bones, some traces may remain)

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 filet (113 g) / Per fillet (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**

PÊCHE DURABLE MSC
www.msc.org/fr