



Absolutely no chemicals are used in the smoking process. Using modern automated wood-smokers, our skilled technicians produce a quality product.



## Smoked Groundfish

### Smoked Haddock

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
<b>Calories 70</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 16 g</b>	
<b>Cholesterol / Cholestérol 75 mg</b>	
<b>Sodium 1390 mg</b>	<b>60 %</b>
<b>Potassium 400 mg</b>	<b>9 %</b>
<b>Calcium 50 mg</b>	<b>4 %</b>
<b>Iron / Fer 1.5 mg</b>	<b>8 %</b>
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

### Smoked Cod

Nutrition Facts	
Valeur nutritive	
Serving Size 1/4 cup (56 g)	
Portion 1/4 tasse (56 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 45</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 460 mg</b>	<b>19 %</b>
<b>Carbohydrate / Glucides 0 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
<b>Protein / Protéines 10 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

### Preparation

#### & Handling

- Keep frozen prior to use
- Contents must be cooked before eating

### Ingredients

Fish (species), salt, natural wood smoke.

### Product Details

Product Code	1042
Description	Cod-Smoked PBI Fillets 16+
Case Size	15 lbs (6.8 kg)
Purchasing Unit	1 x 15lbs (1 x 6.8 kg)
UPC/SCC	0-62763-01042-9 / 100-62763-01042-6

Product Code	1104
Description	Haddock-Smoked Skinless PBO fillets
Case Size	15 lbs (6.8 kg)
Purchasing Unit	1 x 15lbs (1 x 6.8 kg)
UPC/SCC	0-62763-01104-4 / 100-62763-01104-1