



Harvested under Canadian quota and processed in Nova Scotia, Comeau's haddock is once frozen and chemical free. Premium quality natural fillets are available in IQF formats in three different sizing options (4-6oz, 6-8oz & 8+oz fillets). IQF haddock fillets provide added convenience and are ready to be prepared in your favourite recipe.



Nova Scotia Haddock

Ingredients

Haddock

Product Details

Product Code	1063
Description Case Size	Haddock, IQF, 8+ oz
Purchasing Unit	x 10lb (4 x 4.54 kg)
UPC/SCC	0-62763-01063-4/ 100-62763-01063-1

Product Code	1064
Description Case Size	Haddock, IQF, 6-8 oz 10 lb (4.54 kg)
Purchasing Unit	1 X 10lb (4.54 kg)
UPC/SCC	0-62763-01064-1 / 100-62763-01064-8

Product Code	1067
Description Case Size	Haddock, IQF, 4-6 oz 10 lb (4.54 kg)
Purchasing Unit	1 X 10lb (4.54 kg)
UPC/SCC	0-62763-01067-2 / 100-62763-01067-9

Nutrition Facts	
Valeur nutritive	
Serving Size (125 g) / Portion (125 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 110	
Fat / Lipides 1 g	2 %
Saturated / saturés 0.2 g	
+ Trans / trans 0 g	1 %
Cholesterol / Cholestérol 70 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 24 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	10 %