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## Haddock

*Melanogrammus  
 aeglefinus*

Haddock has clean, firm, white flesh with a nice, mild flavor. A go-to for fish 'n chips, Haddock is a favorite in the UK and US markets. Available fresh or frozen, in a variety of cuts, skin-on or skinless. Catch is September–May.

### Nutrition Facts

servings per container	
<b>Serving size</b>	4 oz (112g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0.5mcg	2%
Calcium 0mg	0%
Iron 0.20mg	2%
Potassium 320mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a general nutrition advice.

# Haddock

Fresh



Choose from a number of convenient cuts and sizes. Available Haddock options include:

### Specs

- H&G, headed and gutted
- Fillet, skin-on, boneless
- Fillet, skin-on, boneless
- Fillet, skinless, boneless
- Fillet, skinless, boneless

### Pack / Sizes

- C/W (approx 50lbs) – 2+kg
- 1/20# – 8/12oz, 12/16oz, 16+oz
- 1/10# – 16+oz
- 1/20# – 12+oz
- 1/10# – 8+oz, 12+oz

Origin: Iceland



Ship to: US & Canada



Catch by season.

