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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
Serving size 4 oz (112g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 300mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 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 for general nutrition advice.

Haddock

Frozen



Options:

Different frozen cuts and sizes available upon request.

Origin: Iceland



Ship to: US & Canada



Catch by season.

- COD - High Season
- HADDOCK - High Season
- POLLOCK - High Season
- ARCTIC CHAR - Year Round
- PLAICE - High Season
- LOW SEASON

