

Alda Brand Haddock Item Codes

PRODUCT CODE	PRODUCT	SIZE	WEIGHT per UNIT	UNITS per CASE
150	Cello-wrap Haddock Fillets	1 - 3 count	5 lbs.	10 x 5 lbs.
273	Shatter Pack Haddock Fillets	4 - 8 oz.	15 lbs	3 x 15 lbs.
274	Shatter Pack Haddock Fillets	8 - 12 oz.	15 lbs	3 x 15 lbs.
275	Shatter Pack Haddock Fillets	12 - 16 oz.	15 lbs	3 x 15 lbs.
276	Shatter Pack Haddock Fillets	16 oz. + up	15 lbs	3 x 15 lbs.
141	IQF Haddock Fillets (Skinless - J-Cut)	4 - 6 oz.	10 lbs.	1 x 10 lbs.
142	IQF Haddock Fillets (Skinless - J-Cut)	6 - 8 oz.	10 lbs.	1 x 10 lbs.
143	IQF Haddock Fillets (Skinless - J-Cut)	8 - 10 oz.	10 lbs.	1 x 10 lbs.
144	IQF Haddock Fillets (Skinless - J-Cut)	10 - 12 oz.	10 lbs.	1 x 10 lbs.
145	IQF Haddock Fillets (Skinless - J-Cut)	12 oz. + up	10 lbs.	1 x 10 lbs.
241	IQF Haddock Fillets (Skinless - E/U Cut)	4 - 6 oz.	10 lbs.	1 x 10 lbs.
242	IQF Haddock Fillets (Skinless - E/U Cut)	6 - 8 oz.	10 lbs.	1 x 10 lbs.
243	IQF Haddock Fillets (Skinless - E/U Cut)	8 - 10 oz.	10 lbs.	1 x 10 lbs.
244	IQF Haddock Fillets (Skinless - E/U Cut)	10 - 12 oz.	10 lbs.	1 x 10 lbs.
245	IQF Haddock Fillets (Skinless - E/U Cut)	12 oz. + up	10 lbs.	1 x 10 lbs.
151	IQF Haddock Fillets (Skin On - J-Cut)	4 - 6 oz.	10 lbs.	1 x 10 lbs.
152	IQF Haddock Fillets (Skin On - J-Cut)	6 - 8 oz.	10 lbs.	1 x 10 lbs.
153	IQF Haddock Fillets (Skin On - J-Cut)	8 - 10 oz.	10 lbs.	1 x 10 lbs.
154	IQF Haddock Fillets (Skin On - J-Cut)	10 - 12 oz.	10 lbs.	1 x 10 lbs.
155	IQF Haddock Fillets (Skin On - J-Cut)	12 oz. + up	10 lbs.	1 x 10 lbs.
251	IQF Haddock Fillets (Skin On - E/U Cut)	4 - 6 oz.	10 lbs.	1 x 10 lbs.
252	IQF Haddock Fillets (Skin On - E/U Cut)	6 - 8 oz.	10 lbs.	1 x 10 lbs.
253	IQF Haddock Fillets (Skin On - E/U Cut)	8 - 10 oz.	10 lbs.	1 x 10 lbs.
254	IQF Haddock Fillets (Skin On - E/U Cut)	10 - 12 oz.	10 lbs.	1 x 10 lbs.
255	IQF Haddock Fillets (Skin On - E/U Cut)	12 oz. + up	10 lbs.	1 x 10 lbs.
182	IQF Haddock Loins	2 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
183	IQF Haddock Loins	3 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
184	IQF Haddock Loins	4 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
185	IQF Haddock Loins	5 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
186	IQF Haddock Loins	6 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
192	IQF Haddock Tails	2 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
193	IQF Haddock Tails	3 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.
194	IQF Haddock Tails	4 oz. (+/- .5 oz)	10 lbs.	1 x 10 lbs.

Alda Brand Haddock Nutritional Facts

Nutrition Facts	
Haddock, cooked ▼	
Amount Per 4 oz (113.3 g) ▼	
Calories 103	
	% Daily Value*
Total Fat 0.7 g	1%
Saturated fat 0.1 g	0%
Polyunsaturated fat 0.3 g	
Monounsaturated fat 0.1 g	
Trans fat 0 g	
Cholesterol 75 mg	25%
Sodium 296 mg	12%
Potassium 397 mg	11%
Total Carbohydrate 0 g	0%
Dietary fiber 0 g	0%
Sugar 0 g	
Protein 23 g	46%
Vitamin A	1%
Calcium	1%
Vitamin D	6%
Vitamin B-12	40%
Vitamin C	0%
Iron	1%
Vitamin B-6	20%
Magnesium	7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.