



ICELND

89009 - Fish Haddock Yuengling

Yuengling Battered Haddock Fillets feature wild caught Haddock dipped in perfectly seasoned batter made with renowned Yuengling lager. Each fillet cooks from frozen, is easy to prepare, and goes from oven or fryer to plate in minutes. These scrumptious fillets are a superb combination of malty-rich crunch and slightly sweet, tender, flaky fish, with true mouth-watering plate appeal.



* Benefits

Nutrition Facts

Servings per Container 27
Serving size 168g/About 1 Fillet

Amount per serving
Calories 340

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 800mg	35%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 20g	
Vitamin D 0.5mcg	3%
Calcium 0mg	0%
Iron 0.6mg	3%
Potassium 330mg	7%

* The % Daily Value (DV) 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.

Ingredients

HADDOCK, WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), YUENGLING LAGER (MALTED BARLEY, WATER, HOPS, YEAST), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUGAR, SALT, SPICES, WHITE CORN FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS.
CONTAINS: FISH (HADDOCK), WHEAT

Allergens

Contains:

fish wheat

Free From:

crustaceans eggs milk peanuts
 sesame soy tree nuts

Handling Suggestions

Keep Frozen

Serving Suggestions

Our Yuengling battered haddock fillet is perfect for a traditional fish n' chips along with a side of fries and hush puppies

Prep & Cooking Suggestions

COOKING INSTRUCTIONS FROM FROZEN:
TO DEEP FRY: Preheat fryer to 350F and fry for about 6 minutes.
TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400F and bake for 18-20 minutes.
CONVENTIONAL OVEN: Preheat oven to 425F and bake for 20-22 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165F MINIMUM.

Product Specifications

Brand	Manufacturer
ICELND	High Liner Foods (USA) Incorporated

MFG #	SPC #	GTIN	Pack	Pack Desc.
10025917	89009	10073538259179	1	1 / 10.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.81in	7.81in	8.63in	0.62ft3	15x5	540DAYS	-10°F / 0°F



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Nutrition Analysis - By Serving

Calories	340	Total Fat	15g	Sodium	800mg
Protein	20	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	29g	Saturated Fat	2.5g	Iron	0.6mg
Sugars	0g	Added Sugars	0g	Potassium	330mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	55mg		
Vitamin A(U)		Vitamin D	0.5mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

