



Fruits de mer  
**ALLIANCE**  
Seafood Inc.

**Your Year-Round  
Seafood Source.**



# HADDOCK PIECES

**Alliance Seafood** provides only the highest quality of North Atlantic haddock. Caught by traditional methods in the icy cold waters of the Barents Sea, Alliance ensures our product is processed additive free and glazed for freshness.

## NUTRITIONAL FACTS/ VALEUR NUTRITIVE

PER 85G 3OZ PAR 85GM 3OZ

Amount / Teneur  
Calories / Calories 74

Fat / Lipides 1g	1%
Saturated / satures 0g	
+Trans / trans 0g	
Cholesterol / Cholesterol 48mg	16%
Sodium / Sodium 58mg	5%
Carbohydrate / Glucides 0g	0%
Fibre/Fibres 0g	0%
Sugars / Sucres 0g	
Protein / Proteines 11g	3.5%

Vitamin A / Vitamine A	10%
Vitamin C / Vitamine C	0%
Calcium / Calcium	3%
Iron / Fer	14%

## Cooking Instructions

Uncooked. Use as indicated in your recipe.

## Product Specifications

Convenient 1lb blocks—10x1lbs  
Fillet pieces—not minced  
Full process integration from raw material to finished product.

SCC Code	10879601000804
Product Code	505810
Case Dimension (cm)	38 l x 27 w x 12 h
Ti - Hi	10 x 11



**Ingredients:** Haddock

**Allergens:** Haddock



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