



**GREAT NORTHERN
PRODUCTS, LTD.**

HADDOCK

Melanogrammus aeglefinus



Warehouse Specifications:

Master Case Dimensions:

Gross Weight:

Pallet Configuration:

Nutritional Value:

Per 100gram serving size

Calories (kcal)	74
Total Fat	0.45g
Saturated	0.091g
Monounsaturated	0.061g
Polyunsaturated	0.166g
Cholesterol	54mg
Sodium	213mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	16.32g
Vitamin A	57iu
Vitamin C	0.0mg
Calcium	11mg
Iron	0.17mg

General Information:

Haddock are a bottom dwelling species, which is caught on both sides of the North Atlantic. It is smaller than cod and can be distinguished by a dark lateral line and a black spot behind the gills, known as the "Devil's Thumbprint". Smoked haddock is also a very popular and has been made famous as Finnan Haddie.

Latin Name:

Melanogrammus aeglefinus

Fishing Season:

Varies by location and year.

Average size and Weight:

Average length and weight is 50 - 60cm. and 1 - 2.5 kg. respectively.

Product Available / Frozen

Skinless and Skin-On Fillets
Haddock Loins
Haddock Tails
Headless & gutted whole haddock

Sensory Characteristics:

Low in fat and is a good source of sodium and potassium. Cooking is restricted only to one's imagination, the most popular North American presentation being battered fish and chips.

COOL: Wild Caught, Canada or USA

Ingredients:

Haddock

Quality Control: HACCP & CFIA approved



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