SEATRADE®

Ideal for FRESH or even Frozen Seafood Cases

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded.

Reduces shrink and in-store labor costs.

PREPARE—SERVE—AND GO WILD!

NORWEGIAN HADDOCK
WITH SEA SALT & CRACKED PEPPER CRUST

Net weight	**8 oz. (227g)**	**16 oz. (454g)**
SPECIES	Haddock	Haddock
ORIGIN	Norway	Norway
UPC CODE	8-8269496901-2	8-8269496903-6
CASE GTIN	00882694969012	00882694969036
PACKED	12 x 8 oz.	12 x 16 oz.
CASE DIMENSIONS	14.19" x 9.44" x 8.19"	11.4" x 14.1" x 9.8"
PALLET Ti-Hi	13 x 10	11 x 7
NET WGT.	780 lbs.	924 lbs.
SHELF LIFE	18 months frozen from production date 7 days from thaw	

With GO WILD™ Sensations, a delicious low calorie / low carbohydrate seafood dinner just got easier! Our flavorful all natural craft-butters and spice rubs speed preparation — so your customers can enjoy healthy, easy-to-prepare seafood, anytime they've got a craving!

Cooking Instructions: Remove fillets from tray. Heat 1-2 tbsp. oil or butter in a non-stick skillet on medium-high heat. Add fillets crust side down and sear 2 minutes. Turn over and lower the heat, cook 4-5 minutes until center is firm and opaque, or until an internal temperature of 145° F is reached.

INGREDIENTS: **Haddock**, sea salt, black pepper, expeller pressed canola oil (as a processing aid), not more than 2% silicon dioxide added to prevent caking.

CONTAINS: Fish

Product of Norway

Nutrition Facts

2 servings per container

Serving Size **4 oz. (113g)**

Amount per serving

Calories **80**

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 740mg	32%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron less than 1mg	2%
Potassium 328mg	6%

*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.

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