

**KEEP FROZEN**

**QUICK FROZEN**

**PORTION CONTROLLED**



## **PRECOOKED BREADED HADDOCK PORTIONS**

**LOT # 0000000**

**BEST BY: MM/DD/YYYY**

**INGREDIENTS:** Haddock, wheat flour, water, vegetable oil (canola, cottonseed and/or soybean), yellow corn flour, sugar, salt, whey, baking powder (baking soda, sodium aluminum phosphate), yeast, maltodextrin, lemon juice solids, citric acid, dehydrated garlic, natural flavor, spices, sodium tripolyphosphate (to retain moisture.)

**CONTAINS: HADDOCK (FISH), WHEAT, MILK**

**COOKING INSTRUCTIONS: KEEP FROZEN UNTIL READY TO USE**

**CONVENTIONAL OVEN:** Preheat oven to 425°F. Place frozen portions in a single layer on a baking sheet. Bake for 22 to 24 minutes, turning portions after 12 minutes. Appliances may vary. Cooking instructions are a guideline. Cook fish to an internal temperature of 165°F.

**1x10 lbs.**

**10 LBS. (4.54 Kg)**

**PACKED BY: ATLANTIC FISH AND SEAFOOD, 159 EAST MAIN STREET, GLOUCESTER, MA 01930  
GL2351**