



Haddock (*Melanogrammus aeglefinus*)

Fresh & Frozen



Options:

- Skin on fillets / Scaled
- Skinless/boneless J-cut fillets
- Single frozen IQF or Interleaved
- Frozen at sea
- Fresh by air
- All sizes

Haddock is a whitefish and keeps in the shallow-sea and preferably stays in clay and sandy bottoms. Haddock contains high amount of protein and low amount of fat. The fish is loaded with omega-3 acids. The taste of the Haddock is mild but sweet, its lean meat has a firm yet tender texture.



Nutrition Facts

4oz (100g) of raw Haddock contains

Energy:	82 kcal
Protein:	18.9 g
Unsaturated Fat:	0.3 g
Saturated Fat:	0.1 g
Cholesterol:	46 mg
Water:	80.4 g