



Product #22040
 Janes Battered Haddock - Square Cut

Cut from white flaky Haddock fillet blocks. They are coated in our unique light and crispy batter that stays crisp under heat lamps.



Key Product Features

- Uniform sizing
- Quick cooking time
- Generous portions

Key Product Benefits

- Excellent portion control
- Fast service
- Excellent plate coverage

Menu Suggestions

Fish portions are especially designed for institutional use in cafeterias, health care centres and family-style restaurants. Ideal as premium fish sandwich.

Cooking Instructions

Deep fry from frozen for 4 minutes at 360°F.

Nutritional Facts	
Per 100 g	
Amount	
Calories	254.0
Fat	11.7 g
Saturated	1.0 g
+trans	0.3 g
Polyunsaturated	3.3 g
Omega-6	2.2 g
Omega-3	1.1 g
Monounsaturated	6.6 g
Cholesterol	28.5 mg
Sodium	460.0 mg
Carbohydrate	24.4 g
Dietary Fibre	1.0 g
Sugars	1.8 g
Protein	12.7 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	27.0 mg
Iron	1.7 mg

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Ingredient Listing

Haddock, sodium tripolyphosphate, in a batter of: water, toasted wheat crumb, corn starch, corn flour, wheat flour, margarine, soya flour, sugar, salt, baking powder, spice, guar gum and flavour. Browned in pure vegetable oil (canola oil).

Allergen Listing

Wheat, soy, milk

Health Benefits

- Low in saturated fat
- Source of iron
- Source of omega 3 polyunsaturates
- Source of omega 6 polyunsaturates

Specifications

SCC: 100 69299 22040 4
 Case Pack Size 2 x 2 kg = 4 kg
 Average Pc Weight 113g / 4 oz
 Average Pc Count 35

Case (cm) (LxWxH) 37.3 x 27.8 x 11.1
 Case Cube (cm) 11,510
 Pallet Ti/Hi 10 / 9



build your menu with confidence