



Haddock fillets breaded in Janes' unique golden crumb breading.

Key Product Features

- Light, flaky premium fish fillets
- Breading turns golden brown when baked
- Consistent size fillets

Key Product Benefits

- Mild tasting
- Appetizing and appealing
- Excellent plate coverage

Menu Suggestions

Serve as lunch or dinner menu item. Serve with side dishes such as a rice, pasta or vegetables.

Cooking Instructions

Bake in a preheated 400°F oven for 20-25 minutes.

Nutritional Facts

Per 100 g	
Amount	
Calories	215.0
Fat	9.1 g
Saturated	0.8 g
+trans	0.1 g
Polyunsaturated	
Omega-6	n/a g
Omega-3	n/a g
Cholesterol	26.9 mg
Sodium	567.0 mg
Carbohydrate	20.4 g
Dietary Fibre	0.9 g
Sugars	2.0 g
Protein	12.9 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	13.7 mg
Iron	1.3 mg

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Ingredient Listing

Haddock fillets in a breading of: Toasted wheat crumbs with spices, water, corn starch, wheat flour, yellow corn flour, sugar, modified milk ingredients, salt, sodium aluminum phosphate, sodium bicarbonate, guar gum. Browned in canola oil.

Allergen Listing

Wheat, milk

Health Benefits

Free of trans fat
 Low in saturated fat
 Source of iron

Specifications

SCC: 100 69299 22900 1
 Case Pack Size 2 x 2 kg = 4 kg
 Average Pc Weight 57-113g / 2-4 oz
 Average Pc Count 47

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