

Item # 3942



Haddock, 8-16 ounce boneless, skinless fillets



Portion

100 gram

PC # 3942
ICYBAY FRESH HADDOCK
8-16 OZ FILLETS
SKINLESS BONELESS
 INGREDIENTS: Haddock
Pack 1/10 lbs.
Product of Iceland
Wild Caught
NET WT 10 LB (4.54 kg)
 SG PO#
 Pack Date:

0073129039428

Nutrition Facts	
Serving Size 4 oz (113g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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Manufacturer Code #	UCC-12 (UPC) (Must Be 12 Digits with NO dashes and NO spaces)	EAN/UCC-14 (Must Be 14 Digits with NO dashes and NO spaces)	Species	Product Description	Pack/ Size	Unit Weight	Gross Weight (lbs)	Net Weight (lbs)
3942	073129039428	00073129039428	Haddock	Haddock8/16oz Skinless Fillets, Iceland	10	10	15	10

Manufacturer Code #	Case Cube	Configuration L x W x H	Configuration TI x HI Pallet	Total Case/Pallet	Farm/Fishery Certification	Allergens	Brand	Available
3942	0.692	18.125 x 11 x 6	8 x 7	56	Iceland Responsible Fisheries	Haddock	ICYBAY	Boston