



Premium wild-caught

Norwegian HADDOCK



Net weight 8 oz. (227g) 2 servings

All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.

Our GO WILD™ Norwegian Haddock is 100% wild-caught from the icy-cold depths off Norway, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for your convenience. So you can serve the healthiest, most flavorful and most responsibly sourced haddock tonight.

Wild-caught with care, easy to prepare.

Cooking Instructions: Remove haddock fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 4-5 minutes or until center is firm and opaque. Serve and GO WILD!

Nutrition Facts

Serving Size 4 oz. (113g)		Calories: 2,000 2,500	
Servings Per Container 2		depending on your calorie needs:	
Amount Per Serving			
Calories 80	Calories from Fat 0		
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			0%
Cholesterol 60mg			20%
Sodium 240mg			10%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			0%
Protein 18g			
Vitamin A 2%	Vitamin C 0%		
Calcium 2%	Iron 2%		

Total Fat	Less than 65g	80g
Sat 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

Recommended daily value of protein: 50g

INGREDIENTS:
Norwegian Haddock
CONTAINS: Fish
Product of Norway

Packed by Mariner Seafood, LLC, New Bedford, MA.
GO WILD is a trademark of Mariner Seafood, LLC.



Visit www.gowildseafood.com for great recipes and tips today!

SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET TI-HI	NET WGT.
Haddock	Norway	8-8269494501-6	00882694945016	20 x 8 oz.	17" x 12" x 8"	6x10	600lbs.



Taste the difference wild-caught makes!

www.gowildseafood.com



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