



**Ideal for FRESH or even Frozen Seafood Cases**

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded.

Reduces shrink and in-store labor costs.

HEALTHY  
PRE-PORTIONED  
CONVENIENCE  
2 SERVINGS

WILD-CAUGHT WITH CARE, EASY TO PREPARE.  
SERVE AND GO WILD!

From an MSC certified sustainable fishery.  
[www.msc.org](http://www.msc.org)



Premium wild-caught

## Norwegian Haddock

Net weight 8 oz. (227g)

<b>SPECIES</b>	Haddock
<b>ORIGIN</b>	Norway
<b>UPC CODE</b>	8-8269494501-6
<b>CASE GTIN</b>	00882694955015
<b>PACKED</b>	12 x 8 oz.
<b>CASE DIMENSIONS</b>	14.19" x 9.44" x 8.19"
<b>PALLET TI-HI</b>	13 x 10
<b>NET WGT.</b>	780 lbs.

Your customers will love our easy on-line recipes and serving suggestions!

[www.gowildseafood.com](http://www.gowildseafood.com)

*Mariner*   
*Seafood*

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 customer convenience.

**Cooking Instructions:** Remove 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 3-5 minutes or until center is firm and opaque, or an internal temperature of 145° F is reached.

**Safe storage and handling:** Keep refrigerated until ready to prepare. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator overnight before use.

**INGREDIENTS:** Haddock

**CONTAINS:** Fish

Product of Norway

MSC-C-52906

*This Haddock was responsibly sourced from sustainable fisheries in Norway.*



### Nutrition Facts

2 servings per container	
<b>Serving Size</b>	<b>4 oz. (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron less than 1mg	2%
Potassium 323mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.