



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.

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

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

This Haddock was responsibly sourced from sustainable fisheries in Norway.

HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

Premium wild-caught

Norwegian Haddock

Net weight 8 oz. (227g)

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

Nutrition Facts

| | |
|------------------------------|---------------------|
| 2 servings per container | |
| Serving Size | 4 oz. (113g) |
| Amount per serving | |
| Calories | 80 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 240mg | 10% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 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.



www.marinerseafood.com

GO WILD™ Premium Seafood displaying the MSC blue fish — is certified sustainable, responsibly sourced, and traceable to an MSC certified fishery. Learn more at msc.org.



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