



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.



NORWEGIAN HADDOCK

CITRUS GARLIC BUTTER WITH CAPERS

Net weight 8 oz. (227g)

SPECIES	Haddock
ORIGIN	Norway
UPC CODE	8-8269496801-5
CASE GTIN	00882694968015
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.

SIMPLY PREPARE—SERVE—AND GO WILD!

With GO WILD™ Sensations, a delicious low calorie / low carbohydrate seafood dinner just got easier! Our flavorful all natural craft-butters and spice rubs speed preparation — so your customers can enjoy healthy, easy-to-prepare seafood, anytime they've got a craving!

Cooking Instructions: Remove fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in a non-stick skillet on medium-high heat. Add fillets and pan-sear 4-5 minutes. Turn and cook 3-4 minutes until center is firm and opaque, or until an internal temperature of 145° F is reached. Add the citrus caper butter and swirl, then plate the haddock and spoon the melted butter over.

INGREDIENTS: Haddock

Butter: (cream, salt), orange marmalade (sugar, orange juice, orange peel, water, fruit pectin, citric acid), capers (capers, water, salt, vinegar), ginger, onion powder, garlic, salt, black pepper, lemon powder, orange powder, corn starch.

CONTAINS: Fish, Milk

Product of Norway

Nutrition Facts	
2 servings per container	
Serving Size	4 oz. (113g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 280mg	12%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron less than 1mg	2%
Potassium 308mg	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.



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.



www.gowildseafood.com