



8.5 oz Portion

## Brew 'n' Battered Haddock

Source of Protein  
No Skilled Labour Required  
Delicious Taste and Texture



MSC-C-50679

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





10 oz Portion



4 oz Portion

## Features & Benefits

- Unique batter has a delicious beer flavour and creates a crispy texture with a mild fish bite.
- 100% yield results in no waste and no mess.
- Cost effective, as portion sizes are consistent and no labour is required.
- Easy to use product: simply deep fry from frozen state until golden brown and serve.
- Marine Stewardship Council® certified sustainable

## Cooking Instructions

**Deep Fry:** Deep fry from frozen state at 360°F (180°C) for 5 minutes (4oz) or 7 to 10 minutes (10oz) or until golden brown.

**Conventional Oven:** Oven bake the 4oz portion from frozen at 400°F (200°C) for 30 minutes, turning fish at 20 minutes to ensure crisp coating. Cooking times will vary by type of oven used. Cook to an internal temperature of 158°F (70°C).

Nutrition Facts Valeur nutritive	
Per 1 piece (113 g) pour 1 morceau (113 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 190	
<b>Fat / Lipides</b> 3 g	5 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
<b>Cholesterol / Cholestérol</b> 50 mg	
<b>Sodium / Sodium</b> 230 mg	10 %
<b>Carbohydrate / Glucides</b> 7 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 18 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	10 %

4 oz Portion

Nutrition Facts Valeur nutritive	
Per 1/2 piece (113 g) pour 1/2 morceau (113 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 190	
<b>Fat / Lipides</b> 3 g	5 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
<b>Cholesterol / Cholestérol</b> 50 mg	
<b>Sodium / Sodium</b> 230 mg	10 %
<b>Carbohydrate / Glucides</b> 7 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 18 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	10 %

8.5 oz Portion

Nutrition Facts Valeur nutritive	
Per 1/3 fillet (98 g) / pour 1/3 filet (98 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 150	
<b>Fat / Lipides</b> 6 g	9 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
<b>Cholesterol / Cholestérol</b> 35 mg	
<b>Sodium / Sodium</b> 290 mg	12 %
<b>Carbohydrate / Glucides</b> 11 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 13 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %

10 oz Portion

## Ingredients

MSC Haddock, Water, Wheat Flour, Toasted Wheat Crumbs, Modified Corn Starch, Salt, Modified Milk Ingredients, Modified Palm Oil, Sugar, Baking Powder, Corn Maltodextrin, Torula Yeast, Garlic Powder, Dried Beer (From Malted Barley, Corn Syrup, Hops, Yeast), Yellow Corn Flour, Colour, Guar Gum, Spices, Artificial Flavour, Soybean and/or Canola Oil, Sodium Phosphates.

Item	Description	Brand	Origin	Pack	SCC
TV13270	Brew 'n' Battered Haddock Fillets 4 oz	Toppits	Canada	1/10 lb	10068689132709
TV13273	Beer Battered Haddock Fillets 8.5 oz	Toppits	Canada	1/10 lb	10068689132730
TV13269	Brew 'n' Battered Jumbo Haddock Fillets 10 oz	Toppits	Canada	1/10 lb	10068689132693

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