



HIGH LINER  
FOODSERVICE

# HADDIE BITES™

SEAFOOD BETTER™

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Ready in minutes, Haddies Bites™ are a twist to the classic fish and chips, providing you the option to serve it in several applications. This sustainable, tender, mild-tasting fish is coated in a light & crispy Batter. IQF portions allow for quick and easy handling and preparation.



Trans Fat Free



Budget Friendly



Low in Saturated Fat

## Product Information

### HADDIE BITES™

PRODUCT #	NAME	SIZE	PACK
1084590	Haddie Bites™	.6 oz	2/5 lb

### NUTRITIONAL INFORMATION

Nutrition Facts	
Varied servings per container	
Serving size 6 Pieces (102g)	
Amount per serving	
<b>Calories</b> 200	
	% Daily Value*
<b>Total Fat</b> 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	9%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber less than 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 0mg	0%
<b>Iron</b> 1.3mg	8%
<b>Potassium</b> 160mg	4%

\*The % Daily Value 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.

#### INGREDIENT LIST

HADDOCK, WATER, VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT STARCH, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS, MALTODEXTRIN, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE), NATURAL FLAVOR [CONTAINS ANNATTO AND TURMERIC (COLOR), MILK], CORN DEXTRIN, GUAR GUM, PALM OIL, AUTOLYZED YEAST EXTRACT, SOY PROTEIN ISOLATE, MODIFIED CELLULOSE, BUTTER POWDER [BUTTER, SKIM MILK, WHEY, SODIUM CASEINATE, BHA (PRESERVATIVE), BHT (PRESERVATIVE)], YELLOW CORN FLOUR, VINEGAR, DEXTROSE, EXTRACTIVES OF ANNATTO (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE).

#### ALLERGENS

CONTAINS: FISH (HADDOCK), WHEAT, SOY, MILK

### COOKING INSTRUCTIONS FROM FROZEN

**TO DEEP FRY:** Preheat fryer to 350°F and fry for 4-5 minutes **TO BAKE:** Place frozen bites on a lightly oiled sheet pan. **CONVECTION OVEN:** Preheat oven to 425°F and bake for 10 minutes. **CONVENTIONAL OVEN:** Preheat oven to 425°F and bake for 14 minutes.

NOTE: Cook to an internal temperature of 155°F degrees minimum

## HONEY GARLIC HADDIE BITES™ RICE BOWL

### Ingredients

- 24 pc. Haddie Bites™
- 1/2 cup honey
- 2 tbsp. soy sauce
- 1 tbsp. garlic, minced
- 2 tsp. ginger, minced
- 3 tbsp. orange juice
- 1 tbsp. extra virgin olive oil
- 3/4 cup carrots, diced
- 1 1/2 cup brown rice
- 1/4 cup scallions, minced

### Cooking Instructions

Cook Haddie Bites™ and brown rice according to package instructions, and set aside separately.

Over medium-high heat, preheat a large non-stick sauté pan on the stove top. Add olive oil and diced carrots and cook for two minutes, stirring occasionally. Add bell peppers, garlic and ginger, and cook for two more minutes, stirring occasionally. Set mixture aside to cool slightly.

Meanwhile, whisk soy sauce, honey and orange juice in a large bowl. Add cooked veggies to the bowl and mix to combine. Assemble your rice bowl by layering cooked rice, Haddie Bites™, mixed veggies, and scallions. Enjoy!

### CHEF'S TIP

Ideal for bowls, appetizers, skewers, kids menu, or served as traditional fish and chips.



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