



**TOPPITS®**

**Gluten-Free  
Breaded Fish**





# GLUTEN-FREE FISH – HADDOCK – COD – SOLE

Gluten-Free Breaded Coating • Wild Caught • Cut from Whole Muscle Fillets

Introducing a full product line of Toppits Gluten-Free Fish that is available in Haddock, Cod and Sole varieties. These fillets are the perfect catch for customers that are looking for a delicious and healthy seafood option. Made with a crunchy gluten-free coating, they are perfect for those sensitive to gluten or celiac disease. Our fish is wild caught and vetted by MSC and Ocean Wise, ensuring that you are getting the freshest and most sustainably sourced fish possible. With its tender, flaky flesh and a delicious breaded coating, these fillets will melt in your mouth and make a great center-of-the-plate protein ingredient.

## Product Features

- Available in Haddock, Cod and Sole varieties.
- Coated in a delicious, crunchy gluten-free breaded coating.
- Consistent sizes.
- Cut from whole muscle fillets.
- Tender, flaky fish with a sweet bite.
- Wild caught.
- Made in Canada.
- Ocean Wise recommended.
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)

## Ingredients

Vegetable oil, Rice flour, Water, Modified corn starch, Corn starch, Rice starch, Yellow corn flour, Sugars (sugar, dextrose), Salt, Ancient grain flour blend (whole amaranth, whole quinoa), Pea protein isolate, Onion powder, Garlic powder, Spices, Baking powder, Sea Salt, Natural flavors, Methylcellulose, Caramel, Guar Gum, Yeast, Extractives of paprika, Spice extractives.

Nutrition Facts	
Valeur nutritive	
Par approx. 1 piece (113 g) pour environ 1 morceau (113 g)	
<b>Calories 270</b>	% Daily Value*
Fat / Lipides 12 g	16 %
Saturated / saturés 2 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 1.5 g	4 %
Fibre / Fibres 1 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 25 mg	
Sodium 450 mg	19 %
Potassium 175 mg	5 %
Calcium 10 mg	1 %
Iron / Fer 0.4 mg	2 %

TV13865

Nutrition Facts	
Valeur nutritive	
Par approx. 1 piece (108 g) pour environ 1 morceau (108 g)	
<b>Calories 230</b>	% Daily Value*
Fat / Lipides 11 g	15 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 25 mg	
Sodium 370 mg	16 %
Potassium 150 mg	4 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %

TV13867

Nutrition Facts	
Valeur nutritive	
Par approx. 1 piece (100 g) pour environ 1 morceau (100 g)	
<b>Calories 240</b>	% Daily Value*
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 24 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 20 mg	
Sodium 290 mg	13 %
Potassium 100 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

TV13866

## Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



### Conventional Oven

Place on parchment lined baking sheet and cook from frozen. Flip half way through cooking Haddock/Cod/Sole: Preheat oven to 220°C (425°F). Cook for 20-25 min.



### Convection Oven

Place on parchment lined baking sheet and cook from frozen. Flip half way through cooking Haddock/Cod/Sole: Preheat oven to 204°C (400°F). Cook for 14-16 min.

Item	Description	Brand	Origin	Pack	SCC
TV13865	Gluten-Free Haddock, Lightly Seasoned, 4 oz	Toppits	Canada	2 x 5 lb	10068689138657
TV13867	Gluten-Free Black Pepper Cod, 3.8 oz	Toppits	Canada	2 x 5 lb	10068689138671
TV13866	Gluten-Free Lemon Pepper Sole, 3.6 oz	Toppits	Canada	2 x 5 lb	10068689138664

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