

ROYAL GREENLAND
COD FILLET, SKINLESS
3-5OZ (85-142G), PBI, 5 KG, FROZEN

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Atlantic cod has a fresh and mild umami flavour with a slight sweetness to the firm, juicy meat. Thanks to the cod's upbringing in the ice-cold and clean waters around Greenland, the meat is very white and the flavour fully developed. It flakes nicely when cooked and with its high protein and low fat it offers a healthy and nutritious meal.

The cod fillets are uniform in appearance in terms of both colour and shape. They are versatile in use either as whole fillets or cut into smaller portions ideal for buffets.

INGREDIENTS

Cod fillets (**fish**). Water (protective glaze)

SERVING

The Atlantic cod is popular across the world for its unique flavour and versatility in the kitchen. It is best cooked gently at low temperatures, to preserve the mild, natural flavours.

COOKING INSTRUCTIONS

Prepare in oven at low heat or on pan lightly dusted medium heat

THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

CATCHING GEAR

Trawls, Gillnets and similar nets, Hooks and lines

CATCHING AREA

Northwest Atlantic (FAO 21)

Species	Gadus morhua
Item number	130840000
Net weight incl. glaze	5500 g
Net weight excl. glaze	5000 g
Glaze (%)	8 - 12
Shelflife (days)	720
Storage	Frozen

NUTRITIONAL VALUES PER 100G

Energy	325 kJ / 77 kcal
Fat	0.5 g
- of which saturates	0.3 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	18 g
Salt	0.2 g

ALLERGENS

Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.8
Net weight (kg)	5
Height (mm)	138
Width (mm)	300
Length (mm)	400
EAN no.	574030112235

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	584
Net weight (kg)	480
Height (mm)	1806
Width (mm)	800
Length (mm)	1200
EAN no.	574030112242

LANGUAGES ON LABEL

PL, ES, EN, DE, FR, IT, DK