

ROYAL GREENLAND  
FISH FILLETS, BREADED, 70-100G, MSC  
GLUTENFREE, PREFRIED, 60% FISH, CAR OF 2 X 2,5 KG,  
FROZEN

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This fillet is a cost-efficient alternative to plaice. The meat is bright white with a firm texture to the meat. The yellowtail flounder is a lean fish and offers a mild and pleasant taste.

The fish fillets are breaded in a gluten-free breading consisting of rice flour, gram flour, maize flour and buckwheat flour. In addition, the breading also does not contain eggs and milk.

The breaded fish fillets have many uses and are easy to use as the fillets are ready for cooking straight from the freezer.

### INGREDIENTS

Yellowfin sole (**Fish**) (Limanda aspera) 60%. Rice flour, water, rapeseed oil, gram flour, maize flour, buckwheat flour, maize starch, potato starch, salt, pepper, dextrose, paprika extract. Pre-fried in rapeseed oil. A few bones may remain.

### COOKING INSTRUCTIONS

Prepare from frozen. Oven: Approx. 10-13 minutes at 200°C in a pre-heated oven.

### CATCHING GEAR

Trawls

### CATCHING AREA

Northeast Pacific (FAO 67)

Species	Limanda aspera
Item number	152127555
Net weight	2500 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	998 kJ / 240 kcal
Fat	16 g
- of which saturates	1.2 g
Carbohydrates	12.8 g
- of which sugars	0.1 g
Protein	10.7 g
Salt	0.68 g

### ALLERGENS

Fish

### MASTER DETAILS

Units per master	2
Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	170
Width (mm)	262
Length (mm)	396
EAN no.	5740301214281

### UNIT DETAILS

Gross weight (kg)	2.522
Net weight (kg)	2.500
Height (mm)	65
Width (mm)	320
Length (mm)	440
EAN no.	5740301214274

### PALLET DETAILS

Masters in EUR 1/1 pallet	81
Masters per layer	9
Layers per pallet	9
Gross weight (kg)	456.7
Net weight (kg)	405
Height (mm)	1680
Width (mm)	800
Length (mm)	1200
EAN no.	5740301214298

### LANGUAGES ON LABEL

EN, DK, SE, FI