

ROYAL GREENLAND
PLAICE FILLET MARRIED, BREADED, MSC
130-160G, 60% FISH, PRE-FRIED, 5 KG, FROZEN

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Plaice is known for its very flavoursome and white meat with an almost creamy texture. It is low in fat, high in protein and a great source of vitamin B12 and selenium.

Breaded plaice fillets offer a rapid, tasty and easy way to cook and serve fish that is very simple to use as part of a recipe or as an individual menu item on a buffet. They are ovenable straight from the freezer.

INGREDIENTS

Plaice fillet (**fish**) (60%), breading (40%): water, **wheat** flour, rapeseed oil, potato starch, salt, yeast, sugar, **wheat** gluten. Pre-fried in rapeseed oil. A few bones may remain.

SERVING

The fresh and slightly sweet aromas of plaice are well-accompanied by savoury flavours. Plaice is very versatile and the thin fillets are well suited for fast and easy cooking, while still maintaining their natural flavours.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in pre-heated oven approx. 15 minutes at 220°C.

THAWING INSTRUCTIONS

CATCHING AREA

Northeast Atlantic (FAO 27)

| | |
|---------------------|-----------------------|
| Species | Pleuronectes platessa |
| Item number | 152255000 |
| Net weight | 5000 g |
| Shelflife (days) | 540 |
| Storage | Frozen |
| MSC certificate no. | MSC-C-50920 |

NUTRITIONAL VALUES PER 100G

| | |
|----------------------|-------------------|
| Energy | 908 kJ / 217 kcal |
| Fat | 12 g |
| - of which saturates | 1.2 g |
| Carbohydrates | 15 g |
| - of which sugars | 2.6 g |
| Protein | 11 g |
| Salt | 0.18 g |

ALLERGENS

Cereals, Fish

MASTER DETAILS

| | |
|-------------------|---------------|
| Sales unit | Yes |
| Gross weight (kg) | 5.4 |
| Net weight (kg) | 5 |
| Height (mm) | 137 |
| Width (mm) | 299 |
| Length (mm) | 398 |
| EAN no. | 5740300914311 |

PALLET DETAILS

| | |
|---------------------------|---------------|
| Masters in EUR 1/1 pallet | 96 |
| Masters per layer | 8 |
| Layers per pallet | 12 |
| Gross weight (kg) | 540 |
| Net weight (kg) | 480 |
| Height (mm) | 1789 |
| Width (mm) | 800 |
| Length (mm) | 1200 |
| EAN no. | 5740300995693 |

LANGUAGES ON LABEL

FI, SE, DK, DE, EN