

ROYAL GREENLAND
FLOUNDER FILLET, MEUNIÈRE BREADED

45-65G, 92% FISH, PRE-FRIED, 5 KG, FROZEN

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Flounder has a mild flavour with a delicate texture and it is a cost-efficient alternative to the popular plaice. Flounder is a lean fish with a naturally high content of vitamin B12 and B3, selenium and protein.

The subtle breading creates a discrete and crisp counterpart to the soft and creamy texture of the flounder.

INGREDIENTS

Flounder fillets **(fish)** (92%), breading (8%): flour **(wheat)**, water, potato starch, salt, raising agents (E450, E500), powdered mustard **(mustard)**, dextrose, stabiliser (E464). Pre-fried in rapeseed oil. A few bones may remain.

SERVING

The mild and delicate aromas of the flounder are well-accompanied by savoury flavours. The thin fillets are well suited for fast cooking.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in pre-heated oven 12-15 minutes at 200°C.

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Platichthys flesus
Item number	152290000
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen

NUTRITIONAL VALUES PER 100G

Energy	672 kJ / 161 kcal
Fat	8.2 g
- of which saturates	0.9 g
Carbohydrates	6.5 g
- of which sugars	0.3 g
Protein	14 g
Salt	0.57 g

ALLERGENS

Mustard, 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.	5740301057161

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.	5740301057178

LANGUAGES ON LABEL

DK, SE, EN