

ROYAL GREENLAND

PLAICE FILLET, GLUTENFREE BREADING, MSC

100-130G, 60% FISH, PRE-FRIED, 2 X 2,5 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.

The delicious gluten-free breading is based on chickpea and corn flour - wholesome and healthy wheat alternatives. Moreover the products do not contain eggs or milk, making them a good choice for several intolerances and allergies.

INGREDIENTS

Plaice fillets (**fish**) 60%, gluten free breading 40%: rice flour, water, maize flour, rapeseed oil, gram flour, buckwheat flour, maize and potato starch, salt, pepper, maize dextrose, paprika extract. Pre-fried in rapeseed oil. A few bones may remain.

SERVING

The fresh and slightly sweet aromas of the 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 the natural flavours.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in pre-heated oven 12 minutes at 220°C.

CATCHING GEAR

Trawls

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	152555005
Net weight	2500 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	809 kJ / 193 kcal
Fat	8.9 g
- of which saturates	0.7 g
Carbohydrates	16 g
- of which sugars	0.3 g
Protein	11 g
Salt	0.79 g

ALLERGENS

Fish

MASTER DETAILS

Units per master	2
Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	164
Width (mm)	263
Length (mm)	397
EAN no.	5740301126591

UNIT DETAILS

Gross weight (kg)	2.525
Net weight (kg)	2.500
Height (mm)	50
Width (mm)	320
Length (mm)	480
EAN no.	5740301126584

PALLET DETAILS

Masters in EUR 1/1 pallet	90
Masters per layer	9
Layers per pallet	10
Gross weight (kg)	504.7
Net weight (kg)	450
Height (mm)	1785
Width (mm)	800
Length (mm)	1200
EAN no.	5740301126607

LANGUAGES ON LABEL

SE, IT, DE, FI, FR, EN, DK