

ROYAL GREENLAND  
DELICRISP PLAICE FILLET, BREADED, MSC  
100-130G, 60% FISH, 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 fillets are breaded in a brand new improved breading, which is distinguished by keeping its crispiness for a longer time after cooking.

#### INGREDIENTS

Plaice fillet (**fish**) (60%), **wheat** flour, water, durum **wheat**, potato starch, salt, yeast, white pepper.

#### 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. Deep fryer: 3-5 minutes in oil pre-heated to 180°C. Pan: Fry in butter or margarine for 3-5 minutes on each side.

#### CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	152704000
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

#### NUTRITIONAL VALUES PER 100G

Energy	695 kJ / 164 kcal
Fat	2 g
- of which saturates	0.5 g
Carbohydrates	24 g
- of which sugars	4.3 g
Protein	12 g
Salt	0.77 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.	5740300906309

#### 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.	5740300993545

#### LANGUAGES ON LABEL

EN, DK, SE