

ROYAL GREENLAND
PLAICE FILLET MARRIED, BREADED, MSC
100-130G, 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, flour (**wheat**), rapeseed oil, potato starch, salt, yeast, sugar, gluten (**wheat**). 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 for approx. 12 minutes at 220°C in a pre-heated oven.

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	152761000
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	864 kJ / 207 kcal
Fat	11 g
- of which saturates	1.3 g
Carbohydrates	16 g
- of which sugars	3.2 g
Protein	11 g
Salt	0.97 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.	5740301002055

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.	5740301071426

LANGUAGES ON LABEL

SE, DK, IT, EN, FI, DE