

ROYAL GREENLAND

SAITHE FILLET, GLUTENFREE BREADING, MSC

55G, 60% FISH, PRE-FRIED, 2 X 2,5 KG, FROZEN

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Saithe is caught in the ice-cold and clean waters of the North Atlantic, where it slowly develops its mild and slightly sweet taste with plenty of umami. It has off-white to pink meat with a firm and juicy texture that turns a beautiful snow-white with nice, big flakes when cooked. Saithe has a naturally high content of protein and iodine.

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

INGREDIENTS

Saithe fillets (**fish**) (60%), gluten free breading (40%): Rice flour, water, rapeseed oil, maize flour, salt, modified maize starch, maize starch, maize dextrose, vegetable fibre (bamboo), leaving agents (E500ii, E450i); stabilising substance (E461). Prefried in rapeseed oil. A few bones may remain.

SERVING

Saithe is a good alternative to cod that is easy to work and cook with. The products are well suited for fast and easy cooking and goes well with savoury flavours and a twist of lemon.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook for approx. 10-12 minutes at 220°C in a pre-heated oven.

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pollachius virens
Item number	153555005
Net weight	2500 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	793 kJ / 189 kcal
Fat	8.7 g
- of which saturates	0.7 g
Carbohydrates	14 g
- of which sugars	0.6 g
Protein	13 g
Salt	0.6 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.	5740301126560

UNIT DETAILS

Gross weight (kg)	2.525
Net weight (kg)	2.500
Height (mm)	50
Width (mm)	320
Length (mm)	480
EAN no.	5740301126553

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.	5740301126577

LANGUAGES ON LABEL

SE, FI, IT, DK, DE, EN