

ROYAL GREENLAND

## PLAICE, BREADED, STUFFED, MSC

120-160G, PRAWN & BROCCOLI, PRE-FRIED, 5 KG, FROZEN

Royal Greenland A/S  
Hellebarden 7,  
9230 Svenstrup, Denmark  
Tel. +45 98154400  
[www.royalgreenland.com](http://www.royalgreenland.com)



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.

Our breaded and stuffed fillets offer a crisp surface with a creamy, rich centre of plaice fillet and delicious filling. The pieces are ovenable straight from the freezer, uniform in size and offer easy portion control.

### INGREDIENTS

Plaice fillets (**fish**) (46%); breading (33%): water, flour (**wheat**), rapeseed oil, potato starch, salt, pepper, yeast, sugar, gluten (**wheat**), stuffing (21%): prawns (**crustaceans**) (7%), water, broccoli (3,8%), cream cheese (cheese (**milk**), butter (**milk**), water, quark (**milk**), sweet whey powder (**milk**), milk protein (**milk**), rice starch, potato starch), maize starch, flour (**wheat**), vegetable bouillon (salt, spices, dextrose), salt, lemon concentrate, white pepper. 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. 20 minutes at 200°C in a pre-heated oven.

### CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	161790000
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	715 kJ / 171 kcal
Fat	8.8 g
- of which saturates	1.1 g
Carbohydrates	13 g
- of which sugars	0.5 g
Protein	9.4 g
Salt	1.3 g

### ALLERGENS

Cereals, Crustaceans, Fish, Lactose

### MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740300905449

### PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	540.9
Net weight (kg)	480
Height (mm)	1791
Width (mm)	800
Length (mm)	1200
EAN no.	5740300985687

### LANGUAGES ON LABEL

ES, FR, IT, HU, DK, DE, NL, POR, EN, SE, FI