

ROYAL GREENLAND
PLAICE FILLET MARRIED, BREADED, MSC
4.3-5.6OZ, 60% FISH, PRE-FRIED, 11.023 LBS, FROZEN

Royal Greenland US, Inc
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Plaice is known for its very flavorsome 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, **wheat** flour, rapeseed oil, potato starch, salt, yeast, sugar, **wheat** gluten. Pre-fried in rapeseed oil. A few bones may remain.

SERVING

The fresh and slightly sweet aromas of plaice are well accompanied by savory flavors. Plaice is very versatile and the thin fillets are well suited for fast and easy cooking, while still maintaining their natural flavors.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in pre-heated oven approx. 15 minutes at 220°C.

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	152255000
Net weight	11 lbs
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

ALLERGENS

Cereals, Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (lbs)	11.8
Net weight (lbs)	11
Height (in)	5.4
Width (in)	11.8
Length (in)	15.7
EAN/UPC	5740300914311

PALLET DETAILS

Masters in US pallet	120
Masters per layer	10
Layers per pallet	12
Gross weight (lbs)	1471
Net weight (lbs)	1322.8
Height (in)	70.4
Width (in)	39.4
Length (in)	47.2

LANGUAGES ON LABEL

FI, SE, DK, DE, EN