

ROYAL GREENLAND  
GREENLAND HALIBUT FILLET, INTERLEAVED  
200-400G, SKINLESS, SINGLE FROZEN, 2 X 15 LBS (2 X 6,804  
KG), FROZEN

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Greenland halibut has a sweet and buttery umami flavour and a soft, pleasant texture. The meat is very white and the flavour fully developed, due to the slow growth in the ice-cold waters of the North Atlantic and Arctic Oceans. Greenland halibut has a high natural content of the healthy omega-3 fatty acids (2.36 g/100 g) and potassium.

The fillets are uniform in quality and appearance. They are versatile in use either as whole fillets or easily cut into smaller portions ideal for buffets.

## INGREDIENTS

Greenland halibut fillets (**fish**)

## SERVING

Greenland halibut is easy to handle in the kitchen; it adapts flavours from marinades and spices very well, is easy to cook and never goes dry, even when slightly overcooked.

## COOKING INSTRUCTIONS

Prepare in oven at low heat or on pan lightly dusted medium heat

## THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

## CATCHING GEAR

Gillnets and similar nets, Hooks and lines

## CATCHING AREA

Northwest Atlantic (FAO 21)

<b>Species</b>	<b>Reinhardtius hippoglossoides</b>
<b>Item number</b>	<b>121131300</b>
<b>Net weight</b>	<b>6810 g</b>
<b>Shelflife (days)</b>	<b>720</b>
<b>Storage</b>	<b>Frozen</b>

### NUTRITIONAL VALUES PER 100G

Energy	682 kJ / 164 kcal
Fat	12 g
- of which saturates	2.4 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	14 g
Salt	0.2 g

### ALLERGENS

Fish

### MASTER DETAILS

Units per master	2
Sales unit	Yes
Gross weight (kg)	14.2
Net weight (kg)	13.6
Height (mm)	125
Width (mm)	260
Length (mm)	490
EAN no.	5740301082040

### UNIT DETAILS

Gross weight (kg)	7.071
Net weight (kg)	6.804
Height (mm)	60
Width (mm)	250
Length (mm)	480
EAN no.	5740301082033

### PALLET DETAILS

Masters in EUR 1/1 pallet	87
Gross weight (kg)	1263.2
Net weight (kg)	1183.9
Height (mm)	1775
Width (mm)	800
Length (mm)	1200
EAN no.	5740301082057

### LANGUAGES ON LABEL

ES, NL, FI, DK, IT, DE, EN