

# ROYAL GREENLAND GREENLAND HALIBUT FILET, SKINLESS

200-400G, SINGLE FROZEN, 5 KG, FROZEN



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**). Water (protective glaze)

## 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

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

## CATCHING GEAR

Gillnets and similar nets, Hooks and lines

## CATCHING AREA

Northwest Atlantic (FAO 21)

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Hellebarden 7,  
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<b>Species</b>	<b>Reinhardtius hippoglossoides</b>
<b>Item number</b>	<b>121131350</b>
<b>Net weight incl. glaze</b>	<b>5500 g</b>
<b>Net weight excl. glaze</b>	<b>5000 g</b>
<b>Glaze (%)</b>	<b>8,00 - 12,00</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

Sales unit	Yes
Gross weight (kg)	5.5
Net weight (kg)	5
Height (mm)	138
Width (mm)	300
Length (mm)	400
EAN no.	5740301154532

## PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	553
Net weight (kg)	480
Height (mm)	1806
Width (mm)	800
Length (mm)	1200
EAN no.	5740301154549

## LANGUAGES ON LABEL

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