

ROYAL GREENLAND

GREENLAND HALIBUT FILLET, SKINLESS, MSC

90-120G, FILLET ROYAL, 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.

FILLET ROYAL is cut in even serving size portions of lean, skinless fillet. The product is trimmed to perfection and produces no kitchen waste.

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

Trawls

CATCHING AREA

Northwest Atlantic (FAO 21)

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| | |
|------------------------|------------------------------|
| Species | Reinhardtius hippoglossoides |
| Item number | 121135151 |
| Net weight incl. glaze | 5500 g |
| Net weight excl. glaze | 5000 g |
| Glaze (%) | 8 - 12 |
| Shelflife (days) | 720 |
| Storage | Frozen |
| MSC certificate no. | MSC-C-57420 |

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. | 5740301195276 |

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. | 5740301195283 |

LANGUAGES ON LABEL

FR, EN, DE, DK, IT