

ROYAL GREENLAND

GREENLAND HALIBUT FILLET, SKINLESS, MSC

120-150G, FILLET ROYAL, 5 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.

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)

Species	Reinhardtius hippoglossoides
Item number	121135152
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.	5740301195290

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.	5740301195306

LANGUAGES ON LABEL

FR, EN, DE, DK, IT