

ROYAL GREENLAND  
GREENLAND HALIBUT  
FILLET, INTERLEAVED, MSC

200-400G, SKINLESS, 2 X 15 LBS (2 X 6,804 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).

## 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

## CATCHING GEAR

Trawls

## CATCHING AREA

Northwest Atlantic (FAO 21)

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Species	Reinhardtius hippoglossoides
Item number	121135201
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

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.	5740301144991

### UNIT DETAILS

Gross weight (kg)	7.071
Net weight (kg)	6.804
Height (mm)	60
Width (mm)	250
Length (mm)	480
EAN no.	5740301144984

### 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.	5740301145004

### LANGUAGES ON LABEL

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