

ROYAL GREENLAND
GREENLAND HALIBUT FILET, SKINLESS, MSC
400-700G, 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.

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

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

THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

CATCHING GEAR

Trawls

CATCHING AREA

Northwest Atlantic (FAO 21)

Species	Reinhardtius hippoglossoides
Item number	121135451
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.	5740301145080

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.	5740301145097

LANGUAGES ON LABEL

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