

ROYAL GREENLAND  
GREENLAND HALIBUT LOIN, SKIN-ON  
140-170G, 3 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 loin is cut from the dorsal part of the fillet, which is also the thickest and leanest part. Greenland halibut loins are very uniform in size and shape, making them ideal for portion servings and a la carte.

## INGREDIENTS

Greenland halibut loins (**fish**). Water (protective glaze). A few bones may remain.

## 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 at moderate heat

## THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

## CATCHING GEAR

Trawls, Gillnets and similar nets, Hooks and lines, Seines

## CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Reinhardtius hippoglossoides
Item number	121184570
Net weight incl. glaze	3260 g
Net weight excl. glaze	3000 g
Glaze (%)	7 - 8
Shelflife (days)	720
Storage	Frozen

## NUTRITIONAL VALUES PER 100G

Energy	682 kJ / 164 kcal
Fat	12 g
- of which saturates	2.7 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	13 g
Salt	0.17 g

## ALLERGENS

Fish

## MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	3.5
Net weight (kg)	3
Height (mm)	114
Width (mm)	300
Length (mm)	385
EAN no.	5740301178194

## PALLET DETAILS

Masters in EUR 1/1 pallet	112
Masters per layer	8
Layers per pallet	14
Gross weight (kg)	421.4
Net weight (kg)	336
Height (mm)	1750
Width (mm)	800
Length (mm)	1202
EAN no.	5740301178200

## LANGUAGES ON LABEL

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