

ROYAL GREENLAND
DANISH
PLAICE, WESTCOAST, NATURAL, S/L, MSC
50-70G, 5 KG, FROZEN

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Plaice is known for its very flavoursome and white meat with an almost creamy texture. It is low in fat, high in protein and a great source of vitamin B12 and selenium.

Natural plaice fillets are uniform in size and shape, making them ideal for portion-servings or buffets.

INGREDIENTS

Plaice fillets (**fish**). Water (protective glaze)

SERVING

The fresh and slightly sweet aromas of plaice are well-accompanied by savoury flavours. Plaice is very versatile and the thin fillets are well suited for fast and easy cooking, while still maintaining their natural flavours.

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

Seines, Gillnets and similar nets, Trawls

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	123631000
Net weight incl. glaze	5882 g
Net weight excl. glaze	5000 g
Glaze (%)	15
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	300 kJ / 71 kcal
Fat	1.2 g
- of which saturates	0.4 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	15 g
Salt	0.15 g

ALLERGENS

Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	6.2
Net weight (kg)	5
Height (mm)	160
Width (mm)	299
Length (mm)	399
EAN no.	5740300906064

PALLET DETAILS

Masters in EUR 1/1 pallet	80
Masters per layer	8
Layers per pallet	10
Gross weight (kg)	523.4
Net weight (kg)	400
Height (mm)	1745
Width (mm)	800
Length (mm)	1200
EAN no.	5740300975282

LANGUAGES ON LABEL

SE, DK, EN