

ROYAL GREENLAND

DANISH PLAICE, WESTCOAST, NATURAL, MSC

ROLLED, 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.

Our natural plaice fillets are rolled to minimize preparation time. They are ovenable straight from the freezer and uniform in size and shape for easy portion control.

INGREDIENTS

Plaice (**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

THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

CATCHING GEAR

Seines, Trawls, Gillnets and similar nets

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	123639000
Net weight incl. glaze	5882 g
Net weight excl. glaze	5000 g
Glaze (%)	13 - 17
Shelflife (days)	360
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)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740300907238

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	622.6
Net weight (kg)	480
Height (mm)	1794
Width (mm)	800
Length (mm)	1200
EAN no.	5740300982433

LANGUAGES ON LABEL

EN, SE, DK