

ROYAL GREENLAND
COD FILLET, SKINLESS
5-8OZ (142-227G), PBI, 5 KG, FROZEN

Royal Greenland A/S
Hellebarden 7,
9230 Svenstrup, Denmark
Tel. +45 98154400
www.royalgreenland.com



Atlantic cod has a fresh and mild umami flavour with a slight sweetness to the firm, juicy meat. Thanks to the cod's upbringing in the ice-cold and clean waters around Greenland, the meat is very white and the flavour fully developed. It flakes nicely when cooked and with its high protein and low fat it offers a healthy and nutritious meal.

The cod fillets are uniform in appearance in terms of both colour and shape. They are versatile in use either as whole fillets or cut into smaller portions ideal for buffets.

INGREDIENTS

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

SERVING

The Atlantic cod is popular across the world for its unique flavour and versatility in the kitchen. It is best cooked gently at low temperatures, to preserve the mild, 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

Trawls, Gillnets and similar nets, Hooks and lines

CATCHING AREA

Northwest Atlantic (FAO 21)

| | |
|------------------------|--------------|
| Species | Gadus morhua |
| Item number | 130841000 |
| Net weight incl. glaze | 5500 g |
| Net weight excl. glaze | 5000 g |
| Glaze (%) | 8 - 12 |
| Shelflife (days) | 720 |
| Storage | Frozen |

NUTRITIONAL VALUES PER 100G

| | |
|----------------------|------------------|
| Energy | 326 kJ / 77 kcal |
| Fat | 0.5 g |
| - of which saturates | 0.3 g |
| Carbohydrates | 0 g |
| - of which sugars | 0 g |
| Protein | 18 g |
| Salt | 0.2 g |

ALLERGENS

Fish

MASTER DETAILS

| | |
|-------------------|---------------|
| Sales unit | Yes |
| Gross weight (kg) | 5.8 |
| Net weight (kg) | 5 |
| Height (mm) | 138 |
| Width (mm) | 300 |
| Length (mm) | 400 |
| EAN no. | 5740301112259 |

PALLET DETAILS

| | |
|---------------------------|---------------|
| Masters in EUR 1/1 pallet | 96 |
| Masters per layer | 8 |
| Layers per pallet | 12 |
| Gross weight (kg) | 584 |
| Net weight (kg) | 480 |
| Height (mm) | 1806 |
| Width (mm) | 800 |
| Length (mm) | 1200 |
| EAN no. | 5740301112266 |

LANGUAGES ON LABEL

PL, DE, FR, IT, DK, ES, EN