

ROYAL GREENLAND  
ALASKA POLLOCK LOIN, SKINLESS, MSC  
60-80G, 5 KG, FROZEN

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Species	Theragra chalcogramma
Item number	134083074
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-50920

#### NUTRITIONAL VALUES PER 100G

Energy	300 kJ / 71 kcal
Fat	0.7 g
- of which saturates	0.2 g
Carbohydrates	0.5 g
- of which sugars	0 g
Protein	16 g
Salt	0.23 g

#### ALLERGENS

Fish

#### MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.9
Net weight (kg)	5
Height (mm)	111
Width (mm)	286
Length (mm)	392
EAN no.	5740301097358

#### PALLET DETAILS

Masters in EUR 1/1 pallet	112
Masters per layer	8
Layers per pallet	14
Gross weight (kg)	683
Net weight (kg)	560
Height (mm)	1704
Width (mm)	800
Length (mm)	1200
EAN no.	5740301097358

#### LANGUAGES ON LABEL

DE, FI, EN, FR, DK, SE

Alaska Pollock has very white and firm meat with a mild taste. It is ideally suited for breading and battering. The Alaska Pollock is high in protein, low in fat and has a naturally high content of healthy omega-3 fatty acids.

The loin is cut from the dorsal part of the fillet, which is also the thickest and leanest part. Loins from Alaska pollock are uniform in size and shape, making them ideal for portion-servings or buffets.

#### INGREDIENTS

Alaska pollock loins (**fish**). Water (protective glaze)

#### SERVING

The pleasant taste of Alaska Pollock is paired well with creamy and acidic flavours to enhance the natural taste. It is a cost-efficient alternative to cod and haddock.

#### 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

Northeast Pacific (FAO 67)