

ROYAL GREENLAND FISH FILLET, BREADED, MSC

70-100G, 52% FISH, 5 KG, FROZEN

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This fish is a cost-efficient alternative to plaice. The meat is bright white with a firm texture to the meat. The yellowtail flounder is a lean fish and offers a mild and pleasant taste.

The fillets are frozen directly after being breaded and suitable for deep-frying or pan-frying.

INGREDIENTS

Yellowfin sole (**Fish**) (*Limanda aspera*) or yellowtail flounder (**Fish**) (*Limanda ferruginea*) 52%. Breading (48%): Flour (**Wheat**), water, potato starch, salt, white pepper, yeast. A few bones may remain.

COOKING INSTRUCTIONS

Prepare from frozen. Pan: Fry in butter or margarine for 3-5 minutes on each side.
Deep fryer: Pre-heat oil up to 180°C and fry for about 3-5 minutes.

CATCHING AREA

Northwest Atlantic (FAO 21), Northeast Pacific (FAO 67)

Species

Limanda aspera, *Limanda ferruginea*

Item number 152128100

Net weight 5000 g

Shelflife (days) 540

Storage Frozen

MSC certificate no. MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	676 kJ / 160 kcal
Fat	1.1 g
- of which saturates	0.3 g
Carbohydrates	26 g
- of which sugars	3.5 g
Protein	11 g
Salt	1.36 g

ALLERGENS

Cereals, Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740301187431

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	541.9
Net weight (kg)	480
Height (mm)	1789
Width (mm)	800
Length (mm)	1200
EAN no.	5740301187448

LANGUAGES ON LABEL

DK, EN, SE