

ROYAL GREENLAND
FISH FILLET, BREADED, MSC
100-130G, 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 fillets or Yellowtail flounder. See label. **(fish)** (52%), breading (48%): **wheat** flour, water, potato starch, salt, white pepper, yeast. A few bones may remain.

SERVING

The mild and delicate aromas of the yellowtail flounder are well accompanied by savoury flavours. The fillets are well suited for fast cooking.

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 152128130

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.	5740301187455

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.	5740301187462

LANGUAGES ON LABEL

SE, EN, DK