

ROYAL GREENLAND

## FISH FILLET, BREADED, MSC

100-130G, 52% FISH, PRE-FRIED, 5 KG, FROZEN

Royal Greenland A/S  
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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, and offers a mild and pleasant taste.

Breaded fillets offer a rapid, tasty and easy way to cook and serve fish that is simple to use as part of a recipe or as an individual menu item on a buffet.

### INGREDIENTS

Yellowtail flounder (**Fish**) (*Limanda ferruginea*) or yellowfin sole (**Fish**) (*Limanda aspera*) 60%. Breading (40%): Flour (**Wheat**), water, rapeseed oil, durum flour (**Wheat**), potato starch, salt, dextrose, mushroom extract, yeast, white pepper. A few bones may remain. Fried in rapeseed oil.

### COOKING INSTRUCTIONS

Prepare from frozen. Oven: pre-heated oven for approx. 15 minutes at 185°C.

### CATCHING GEAR

Trawls

### CATCHING AREA

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

#### Species

*Limanda aspera*, *Limanda ferruginea*

Item number 152129131

Net weight 5000 g

Shelflife (days) 540

Storage Frozen

MSC certificate no. MSC-C-50920

#### NUTRITIONAL VALUES PER 100G

Energy	0 kJ / 0 kcal
Fat	0 g
- of which saturates	0 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	0 g
Salt	0 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.	5740301206361

#### PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	542
Net weight (kg)	480
Height (mm)	1801
Width (mm)	800
Length (mm)	1200
EAN no.	5740301206378

#### LANGUAGES ON LABEL

DE, DK, SE, FI, EN