

ROYAL GREENLAND

FISH FILLET, BREADED, MSC

30-70G, 54% FISH, PREFRIED, 2 X 2,5 KG, FROZEN

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This fillet 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.

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 or Yellowfin sole (**fish**) (54%), breading (46%): **Wheat** flour, water, rapeseed oil, semolina **wheat**, potato starch, salt, dextrose, yeasts, natural flavouring, white pepper. Pre-fried in rapeseed oil. A few bones may remain.

SERVING

The mild and delicate aromas of this fillers are well accompanied by savoury flavours. The fillets are well suited for fast cooking.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: pre-heated oven 12-15 minutes at 180°C.

CATCHING GEAR

Trawls

CATCHING AREA

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

Species

Limanda aspera, *Limanda ferruginea*

Item number 152129500

Net weight 2500 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

Units per master	2
Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	166
Width (mm)	264
Length (mm)	396
EAN no.	5740301166115

UNIT DETAILS

Gross weight (kg)	2.523
Net weight (kg)	2.500
Height (mm)	50
Width (mm)	320
Length (mm)	250
EAN no.	5740301166108

PALLET DETAILS

Masters in EUR 1/1 pallet	90
Masters per layer	9
Layers per pallet	10
Gross weight (kg)	504
Net weight (kg)	450
Height (mm)	1817
Width (mm)	800
Length (mm)	1200
EAN no.	5740301166122

LANGUAGES ON LABEL

EN, DE, DK, FI, SE