

ROYAL GREENLAND

## FISH FILLET, BREADED, MSC

30-60G, 60% FISH, FRIED, 2 X 2,5 KG, FROZEN

Royal Greenland A/S  
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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, 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**) (60%), breading (40%): **wheat flour**, rapeseed oil, water, **durum wheat**, potato starch, salt, yeast, dextrose, mushroom extract, white pepper. Fried in rapeseed oil. A few bones may remain.

### COOKING INSTRUCTIONS

Prepare from frozen. Oven: pre-heated oven for approx. 14 minutes at 220°C.

### CATCHING GEAR

Trawls

### CATCHING AREA

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

#### Species

Limanda aspera, Limanda ferruginea

Item number 152129526

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

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.	5740301206491

#### UNIT DETAILS

Gross weight (kg)	2.523
Net weight (kg)	2.500
Height (mm)	50
Width (mm)	320
Length (mm)	480
EAN no.	5740301206484

#### PALLET DETAILS

Masters in EUR 1/1 pallet	81
Masters per layer	9
Layers per pallet	9
Gross weight (kg)	461.1
Net weight (kg)	405
Height (mm)	1647
Width (mm)	800
Length (mm)	1200
EAN no.	5740301206507

#### LANGUAGES ON LABEL

SE, FI, DK, DE, EN