

ROYAL GREENLAND  
FLOUNDER FILLET MARRIED, BREADED

140-170G, 60% FISH, PRE-FRIED, 5 KG, FROZEN

Royal Greenland A/S  
Hellebarden 7,  
9230 Svenstrup, Denmark  
Tel. +45 98154400  
[www.royalgreenland.com](http://www.royalgreenland.com)



Flounder has a mild flavour with a delicate texture and it is a cost-efficient alternative to the popular plaice. Flounder is a lean fish with a naturally high content of vitamin B12 and B3, selenium and protein.

Breaded flounder fillet offers a rapid, tasty and easy way to cook and serve fish that is very simple to use as part of a recipe or as an individual menu item on a buffet. They are ovenable straight from the freezer.

### INGREDIENTS

Flounder fillet (**fish**) (60%), white skin on, breading (40%): water, flour (**wheat**), rapeseed oil, potato starch, salt, yeasts, sugar, gluten (**wheat**). Pre-fried in rapeseed oil. A few bones may remain.

### SERVING

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

### COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in pre-heated oven for approx. 15 minutes at 220°C.

### CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Platichthys flesus
Item number	152225500
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen

#### NUTRITIONAL VALUES PER 100G

Energy	865 kJ / 207 kcal
Fat	11 g
- of which saturates	0.2 g
Carbohydrates	16 g
- of which sugars	3.2 g
Protein	11 g
Salt	0.32 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.	5740301101451

#### PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	540
Net weight (kg)	480
Height (mm)	1789
Width (mm)	800
Length (mm)	1200
EAN no.	5740301101468

#### LANGUAGES ON LABEL

SE, FI, DK, EN