

ROYAL GREENLAND

PLAICE FILLET, LEMON/PARSLEY BREADED

100-130G, 80% FISH, PRE-FRIED, 5 KG, FROZEN

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Plaice is known for its very flavoursome and white meat with an almost creamy texture. It is low in fat, high in protein and a great source of vitamin B12 and selenium.

The lightly dusted plaice is added a taste of lemon and parsley that is a good match for the creamy, flavourful meat.

INGREDIENTS

Plaice fillet (**fish**) (80%); breading (20%): flour (**wheat**), modified starch (**wheat**), water, gluten (**wheat**), rapeseed oil, dextrose, salt, yeast, raising agents (E450, E500), parsley (0,5%), lemon aroma (0,1%). Pre-fried in rapeseed oil. A few bones may remain.

SERVING

The fresh and slightly sweet aromas of plaice are well-accompanied by savoury flavours. Plaice is very versatile and the thin fillets are well suited for fast and easy cooking, while still maintaining their natural flavours.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in pre-heated oven 15 minutes at 200°C.

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	152504501
Net weight	5.000,0
Shelflife (days)	540
Storage	Frozen

NUTRITIONAL VALUES PER 100G

Energy	746 kJ / 178 kcal
Fat	10 g
- of which saturates	0.9 g
Carbohydrates	7.6 g
- of which sugars	0.1 g
Protein	14 g
Salt	0.65 g

ALLERGENS

Cereals, Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.4
Net weight (kg)	5
Height (mm)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740301109815

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Gross weight (kg)	540
Net weight (kg)	480
Height (mm)	1789
Width (mm)	800
Length (mm)	1200
EAN no.	5740301109822

LANGUAGES ON LABEL

NL, DK, FR, EN