

ROYAL GREENLAND DELICRISP PLAICE FILLET, BREADED, MSC

70-100G, 60% FISH, 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 fillets are breaded in a brand new improved breading, DeliCrisp, which is distinguished by keeping its crispiness for a longer time after cooking!

INGREDIENTS

Plaice fillet (**fish**) (60%), **wheat** flour, water, durum **wheat**, potato starch, salt, yeast, white pepper.

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. Deep fryer: 3-5 minutes in oil pre-heated to 180°C. Pan: Fry in butter or margarine for 3-5 minutes on each side.

CATCHING AREA

Northeast Atlantic (FAO 27)

| | |
|---------------------|-----------------------|
| Species | Pleuronectes platessa |
| Item number | 152703000 |
| Net weight | 5000 g |
| Shelflife (days) | 540 |
| Storage | Frozen |
| MSC certificate no. | MSC-C-50920 |

NUTRITIONAL VALUES PER 100G

| | |
|----------------------|-------------------|
| Energy | 639 kJ / 153 kcal |
| Fat | 1.2 g |
| - of which saturates | 0.2 g |
| Carbohydrates | 20.7 g |
| - of which sugars | 0.3 g |
| Protein | 13.8 g |
| Salt | 1 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. | 5740300906293 |

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. | 5740300988329 |

LANGUAGES ON LABEL

SE, DK, EN