

ROYAL GREENLAND
DELICRISP PLAICE FILLET, BREADED, MSC
100-130G, 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, 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	152704000
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	695 kJ / 164 kcal
Fat	2 g
- of which saturates	0.5 g
Carbohydrates	24 g
- of which sugars	4.3 g
Protein	12 g
Salt	0.77 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.	5740300906309

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.	5740300993545

LANGUAGES ON LABEL

EN, DK, SE