

ROYAL ARCTIC
PLAICEFILLET, BREADED
100-130G, 54% FISH, 5 KG, FROZEN



This product belongs to our sub-brand series of good, everyday quality products.

Breaded 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. After frying, the fillets can be served hot or cold.

INGREDIENTS

Plaice fillet (54%), breading (46%); **wheat** flour, water, potato starch, salt, yeast, white pepper.

COOKING INSTRUCTIONS

Always prepare from frozen: Deep fryer: 2-3 minutes in pre-heated oil (180°C).
Frying pan: 3-4 minutes on each side in butter or margarine.

CATCHING AREA

Northeast Atlantic (FAO 27)

Royal Greenland A/S
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Species	Pleuronectes platessa
Item number	152704001
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen

NUTRITIONAL VALUES PER 100G

Energy	648 kJ / 153 kcal
Fat	1 g
- of which saturates	0.1 g
Carbohydrates	26 g
- of which sugars	4.6 g
Protein	11 g
Salt	1.3 g

ALLERGENS

Cereals, Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.5
Net weight (kg)	5
Height (mm)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740301056775

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Gross weight (kg)	528
Net weight (kg)	480
Height (mm)	1789
Width (mm)	800
Length (mm)	1200
EAN no.	5740301056782

LANGUAGES ON LABEL

DK