

ROYAL GREENLAND  
DANISH PLAICE, NORTH SEA, BREADED, MSC  
100-130G, 70% FISH, 4,5 KG, FROZEN

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Danish North Sea plaice are caught in season, where the quality peaks and the fish have a fresh, flavourful taste and a juicy texture. Danish North Sea plaice are caught along the West coast of Denmark.

Danish North Sea plaice are specially developed for the foodservice segment and both look and taste like homemade. They are breaded with egg and coarse breadcrumbs (70% fish and only 30% breading). The coarse breadcrumbs make the fillets extra crispy - a crispiness that lasts and makes the fillets extremely suitable for take-away - open sandwiches, fish 'n' chips etc.  
Must be prepared directly from frozen!

### INGREDIENTS

Plaice fillets\* (**fish**) (70 %); Breading (30 %): water, **wheat** flour, **egg** whites (including water for dilution), yeast, sugar, **wheat** gluten, salt, white pepper, acidity regulator: citric acid (E330). \*Some bones may remain.

### SERVING

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

### COOKING INSTRUCTIONS

Prepare from frozen. Deep fry: 180°C for approx. 1½-2 min. Frying pan: Preheated pan (medium/hot) with oil and butter for approx. 3½-4 min.

### CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	152707130
Net weight	4500 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	585 kJ / 139 kcal
Fat	2.4 g
- of which saturates	0.7 g
Carbohydrates	13 g
- of which sugars	0.9 g
Protein	15 g
Salt	1.21 g

### ALLERGENS

Cereals, Eggs, Fish

### MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	4.9
Net weight (kg)	4.5
Height (mm)	160
Width (mm)	299
Length (mm)	398
EAN no.	5740301183532

### PALLET DETAILS

Masters in EUR 1/1 pallet	80
Masters per layer	10
Layers per pallet	8
Gross weight (kg)	417
Net weight (kg)	360
Height (mm)	1749
Width (mm)	800
Length (mm)	1200
EAN no.	5740301183549

### LANGUAGES ON LABEL

EN, SE, DK