

ROYAL GREENLAND  
PLAICE FILLET, BREADED, MSC  
60-100G, 60% FISH, 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.

Breaded plaice fillets offer 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. They are ovenable straight from the freezer.

### INGREDIENTS

Plaice fillet (**fish**) (60%), breading (40%): **wheat flour**, water, rapeseed oil, **durum wheat**, potato starch, salt, dextrose, mushroom extract, yeast, white pepper. 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: pre-heated oven approx. 15 minutes at 185°C.

### CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	152709501
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	1052 kJ / 252 kcal
Fat	14 g
- of which saturates	1.2 g
Carbohydrates	20 g
- of which sugars	0.9 g
Protein	14 g
Salt	0.8 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.	5740301206385

### 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.	5740301206392

### LANGUAGES ON LABEL

EN, DE, FI, DK