

ROYAL GREENLAND
FLOUNDER FILLET, BREADED
60-100G, 54% FISH, FRIED, 5 KG, FROZEN

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Flounder has a mild flavour with a delicate texture and it is a cost-efficient alternative to the popular plaice. Flounder is a lean fish with a naturally high content of vitamin B12 and B3, selenium and protein.

Breaded flounder 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. They are ovenable straight from the freezer.

INGREDIENTS

Flounder 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 mild and delicate aromas of the flounder are well-accompanied by savoury flavours. The thin fillets are well suited for fast cooking.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook in pre-heated oven for approx. 15 minutes at 185°C.

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Platichthys flesus
Item number	152709601
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen

NUTRITIONAL VALUES PER 100G

Energy	1230 kJ / 295 kcal
Fat	16 g
- of which saturates	1.6 g
Carbohydrates	27 g
- of which sugars	1.4 g
Protein	12 g
Salt	0.96 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.	5740301206408

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.	5740301206415

LANGUAGES ON LABEL

EN, DE, DK, FI