

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