

ROYAL GREENLAND

# DELICRISP, FLOUNDER FILLET, BREADED, MSC

45-70G, 54% FISH, 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.

The fillets are breaded in a brand new improved breading, DeliCrisp, which is distinguished by keeping its crispiness for a longer time after cooking!

## INGREDIENTS

Flounder fillet (**fish**) (54%), wheat flour (**gluten**), water, durum wheat (**gluten**), potato starch, salt, yeast, white pepper.

## COOKING INSTRUCTIONS

Prepare from frozen. Deep fryer: Pre-heat oil up to 180°C and fry for about 2-4 minutes. Pan: Fry in butter or margarine for 3-5 minutes on each side.

## CATCHING GEAR

Trawls

## CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Platichthys flesus
Item number	152772000
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

## NUTRITIONAL VALUES PER 100G

Energy	686 kJ / 164 kcal
Fat	1.3 g
- of which saturates	0.2 g
Carbohydrates	24 g
- of which sugars	0.4 g
Protein	13 g
Salt	1.2 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.	5740301200918

## 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.	5740301200925

## LANGUAGES ON LABEL

SE, DK, FI, EN