

# ROYAL GREENLAND FLOUNDER FILLET,SF, BREADED

100-130G, 70% FISH, 4,5 KG, FROZEN

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Flounder fillets are caught in season where the quality is at its best. They are fresh and have a mild and flavourful taste with a slightly softer and coarser texture than plaice. Flounder fillets are caught by smaller fishing vessels in the Baltic Sea.

Flounder fillets are specially made for the professional foodservice segment and look and taste like homemade. They are breaded with eggs 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.

When cooking, the fish fillets must be prepared directly from frozen!

## INGREDIENTS

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

## SERVING

Flounder is a lean fish with a naturally high content of vitamin B12 and B3, selenium and protein.

## COOKING INSTRUCTIONS

Prepare from frozen. Pan: Fry for 3,5-4 minutes on both sides on medium power level. Deep fryer: Pre-heat oil up to 180°C and fry about 1,5-2 minutes.

## CATCHING AREA

Northeast Atlantic (FAO 27)

|                  |                           |
|------------------|---------------------------|
| Species          | <b>Platichthys flesus</b> |
| Item number      | <b>152914000</b>          |
| Net weight       | <b>4500 g</b>             |
| Shelflife (days) | <b>540</b>                |
| Storage          | <b>Frozen</b>             |

### NUTRITIONAL VALUES PER 100G

|                      |                   |
|----------------------|-------------------|
| Energy               | 656 kJ / 156 kcal |
| Fat                  | 4.3 g             |
| - of which saturates | 1.3 g             |
| Carbohydrates        | 9.3 g             |
| - of which sugars    | 1.8 g             |
| Protein              | 19.4 g            |
| Salt                 | 0.83 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.           | 5740301189268 |

### PALLET DETAILS

|                           |               |
|---------------------------|---------------|
| Masters in EUR 1/1 pallet | 80            |
| Masters per layer         | 8             |
| Layers per pallet         | 10            |
| Gross weight (kg)         | 518.2         |
| Net weight (kg)           | 360           |
| Height (mm)               | 1754          |
| Width (mm)                | 800           |
| Length (mm)               | 1200          |
| EAN no.                   | 5740301189275 |

### LANGUAGES ON LABEL

EN, DK, SE