

ROYAL GREENLAND  
SAITHE, CRISPY BREADED, MSC  
50G, 65% FISH, PRE-FRIED, 4,5 KG, FROZEN

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Saithe is caught in the ice-cold and clean waters of the North Atlantic, where it slowly develops its mild and slightly sweet taste with plenty of umami. It has off-white to pink meat with a firm and juicy texture that turns a beautiful snow-white with nice, big flakes when cooked. Saithe has a naturally high content of protein and iodine.

Breaded saithe has a crisp and crunchy surface that pairs well with the moist and tasty saithe on the inside. They are ideal for portion servings and buffet because of their uniform size.

### INGREDIENTS

Saithe (**fish**) (65%), breading (35%): flour (**wheat**), water, rapeseed oil, potato starch, salt, yeasts, natural flavourings. Pre-fried in rapeseed oil. A few bones may remain.

### SERVING

Saithe is a good alternative to cod that is easy to work and cook with. The products are well suited for fast and easy cooking and goes well with savoury flavours and a twist of lemon.

### COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook for approx. 10-12 minutes at 220°C in a pre-heated oven.

### CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pollachius virens
Item number	153044050
Net weight	4500 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	796 kJ / 190 kcal
Fat	8.2 g
- of which saturates	0.6 g
Carbohydrates	15 g
- of which sugars	1.5 g
Protein	13 g
Salt	1.1 g

### ALLERGENS

Cereals, Fish

### MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	4.8
Net weight (kg)	4.5
Height (mm)	114
Width (mm)	300
Length (mm)	385
EAN no.	5740301115397

### PALLET DETAILS

Masters in EUR 1/1 pallet	120
Masters per layer	8
Layers per pallet	15
Gross weight (kg)	602.2
Net weight (kg)	540
Height (mm)	1879
Width (mm)	800
Length (mm)	1200
EAN no.	5740301115403

### LANGUAGES ON LABEL

FR, FI, SE, DK, EN