

ROYAL GREENLAND  
SAITHE CRISPYBREADED, MSC  
78G, FISH 65%, PREFRIED, 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. 15 minutes at 200°C in a pre-heated oven.

### CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pollachius virens
Item number	153044100
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	761 kJ / 182 kcal
Fat	8 g
- of which saturates	0.6 g
Carbohydrates	13.4 g
- of which sugars	1.7 g
Protein	13.4 g
Salt	0.64 g

### ALLERGENS

Cereals, Fish

### MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740301115670

### PALLET DETAILS

Masters in EUR 1/1 pallet	64
Masters per layer	8
Layers per pallet	8
Gross weight (kg)	369
Net weight (kg)	320
Height (mm)	1246
Width (mm)	800
Length (mm)	1200
EAN no.	5740301115687

### LANGUAGES ON LABEL

EN, SE, DK, FI