

ROYAL GREENLAND

## SAITHE FILLET, GLUTENFREE BREADING, MSC

55G, 60% FISH, PRE-FRIED, 2 X 2,5 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.

The delicious gluten-free breading is based on rice flour - a wholesome and healthy wheat alternative. Moreover the products do not contain eggs or milk, making them a good choice for several intolerances and allergies.

### INGREDIENTS

Saithe fillets (**fish**) (60%), gluten free breading (40%): Rice flour, water, rapeseed oil, maize flour, salt, modified maize starch, maize starch, maize dextrose, vegetable fibre (bamboo), leaving agents (E500ii, E450i); stabilising substance (E461). Prefried 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	153555005
Net weight	2500 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

### NUTRITIONAL VALUES PER 100G

Energy	793 kJ / 189 kcal
Fat	8.7 g
- of which saturates	0.7 g
Carbohydrates	14 g
- of which sugars	0.6 g
Protein	13 g
Salt	0.6 g

### ALLERGENS

Fish

### MASTER DETAILS

Units per master	2
Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	164
Width (mm)	263
Length (mm)	397
EAN no.	5740301126560

### UNIT DETAILS

Gross weight (kg)	2.525
Net weight (kg)	2.500
Height (mm)	50
Width (mm)	320
Length (mm)	480
EAN no.	5740301126553

### PALLET DETAILS

Masters in EUR 1/1 pallet	90
Masters per layer	9
Layers per pallet	10
Gross weight (kg)	504.7
Net weight (kg)	450
Height (mm)	1785
Width (mm)	800
Length (mm)	1200
EAN no.	5740301126577

### LANGUAGES ON LABEL

SE, FI, IT, DK, DE, EN