

ROYAL GREENLAND
COD PENNETS, UMAMI BREADING, MSC
 APP. 50G, 65% FISH, PRE-FRIED, 2 X 2,5KG, FROZEN

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Atlantic cod has a fresh and mild umami flavour with a slight sweetness to the firm, juicy meat. It flakes nicely and with its high protein and low fat it offers a healthy and nutritious meal.

The breading offers a crisp and rich counterpart to the mild flavours of the Atlantic cod and are ovenable straight from the freezer.

INGREDIENTS

Cod (**fish**) (*Gadus morhua*) (65%); breading (35%): **wheat** flour, water, rapeseed oil, potato starch, salt, yeast, natural flavourings. Product pre-fried in rapeseed oil. A few bones may remain.

SERVING

The mild and slight sweetness from the cod is well accompanied by more savoury flavours. The products are well suited for fast and easy cooking, while maintaining all the flavour and juiciness in the meat.

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	Gadus morhua
Item number	156055500
Net weight	2500 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	762 kJ / 182 kcal
Fat	7.6 g
- of which saturates	0.7 g
Carbohydrates	14 g
- of which sugars	4 g
Protein	14 g
Salt	1 g

ALLERGENS

Cereals, Fish

MASTER DETAILS

Units per master	2
Sales unit	Yes
Gross weight (kg)	5.3
Net weight (kg)	5
Height (mm)	166
Width (mm)	264
Length (mm)	396
EAN no.	5740301188599

UNIT DETAILS

Gross weight (kg)	2.515
Net weight (kg)	2.500
Height (mm)	50
Width (mm)	480
Length (mm)	320
EAN no.	5740301188582

PALLET DETAILS

Masters in EUR 1/1 pallet	54
Masters per layer	9
Layers per pallet	6
Gross weight (kg)	314.8
Net weight (kg)	270
Height (mm)	1146
Width (mm)	800
Length (mm)	1200
EAN no.	5740301188605

LANGUAGES ON LABEL

EN, DK, SE, FI