

ROYAL GREENLAND
COD, GLUTENFREE, CRISPY BREADED, MSC
80G, 60% FISH, PRE-FRIED, 2 X 2,5 KG, FROZEN

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Atlantic cod has a fresh and mild umami flavour with a slight sweetness to the firm, juicy meat. Thanks to the cod's upbringing in the ice-cold and clean waters around Greenland, the meat is very white and the flavour fully developed. It flakes nicely when cooked and with its high protein and low fat it offers a healthy and nutritious meal.

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

INGREDIENTS

Ingredients: Cod filet (**fish**) (*Gadus morhua*) (60%), gluten free breading (40%) : Rice flour, water, rapeseed oil, mazié flour, salt, modified maize starch, mazié starch, maize dextrose, vegetable fibre (bambus), leaving agents (E 500 ii, E 450i), stabilising substance (E 461). Pre-fried in rapeseed oil.

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), Northwest Pacific (FAO 61), Northeast Pacific (FAO 67)

Species

Gadus morhua, *Gadus macrocephalus*

Item number 156555005

Net weight 2500 g

Shelflife (days) 540

Storage Frozen

MSC certificate no. MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	760 kJ / 181 kcal
Fat	8 g
- of which saturates	0.6 g
Carbohydrates	15 g
- of which sugars	0.3 g
Protein	12 g
Salt	0.52 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.	5740301126539

UNIT DETAILS

Gross weight (kg)	2.525
Net weight (kg)	2.500
Height (mm)	50
Width (mm)	320
Length (mm)	480
EAN no.	5740301126522

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.	5740301126546

LANGUAGES ON LABEL

IT, EN, DK, FI, SE, DE