

ROYAL GREENLAND

COD W/ KETCHUP, BREADED, MSC

130-150G, 46% FISH, PRE-FRIED, 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 breading offers a crisp and rich counterpart to the mild flavours of the cod. The portions are made with a spicy tomato ketchup, which is a nice addition to the crispy breading and the delicate fish.

INGREDIENTS

Cod (**fish**) (46%); breading (33%): flour (**wheat**), water, rapeseed oil, potato starch, yeast, sugar, gluten (**wheat**), salt, starch (**wheat**), maize starch, citrus fiber, fiber (**wheat**), white pepper; ketchup (21%): tomatoes, vinegar, sugar, salt, spice and herb extract (**celery**), spice, garlic powder, modified maize starch. 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. 15-18 minutes at 220°C in a pre-heated oven.

CATCHING GEAR

Trawls, Hooks and lines, Traps

CATCHING AREA

Northeast Atlantic (FAO 27), Northwest Pacific (FAO 61), Northeast Pacific (FAO 67)

Species

Gadus morhua, Gadus macrocephalus

Item number **161054140**

Net weight **5000 g**

Shelflife (days) **540**

Storage **Frozen**

MSC certificate no. **MSC-C-50920**

NUTRITIONAL VALUES PER 100G

Energy	769 kJ / 183 kcal
Fat	7.4 g
- of which saturates	0.6 g
Carbohydrates	17 g
- of which sugars	6.1 g
Protein	12 g
Salt	0.94 g

ALLERGENS

Celery, Cereals, Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	5.4
Net weight (kg)	5
Height (mm)	137
Width (mm)	299
Length (mm)	398
EAN no.	5740301109617

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	540
Net weight (kg)	480
Height (mm)	1789
Width (mm)	800
Length (mm)	1200
EAN no.	5740301109624

LANGUAGES ON LABEL

FR, EN