

ROYAL GREENLAND

PLAICE, BREADED, STUFFED, MSC

120-160G, PRAWN & BROCCOLI, PRE-FRIED, 5 KG, FROZEN

Royal Greenland A/S
Hellebarden 7,
9230 Svenstrup, Denmark
Tel. +45 98154400
www.royalgreenland.com



Plaice is known for its very flavoursome and white meat with an almost creamy texture. It is low in fat, high in protein and a great source of vitamin B12 and selenium.

Our breaded and stuffed fillets offer a crisp surface with a creamy, rich centre of plaice fillet and delicious filling. The pieces are ovenable straight from the freezer, uniform in size and offer easy portion control.

INGREDIENTS

Plaice fillets (**fish**) (46%); breading (33%): water, flour (**wheat**), rapeseed oil, potato starch, salt, pepper, yeast, sugar, gluten (**wheat**), stuffing (21%): prawns (**crustaceans**) (7%), water, broccoli (3,8%), cream cheese (cheese (**milk**), butter (**milk**), water, quark (**milk**), sweet whey powder (**milk**), milk protein (**milk**), rice starch, potato starch), maize starch, flour (**wheat**), vegetable bouillon (salt, spices, dextrose), salt, lemon concentrate, white pepper. Pre-fried in rapeseed oil. A few bones may remain.

SERVING

The fresh and slightly sweet aromas of plaice are well-accompanied by savoury flavours. Plaice is very versatile and the thin fillets are well suited for fast and easy cooking, while still maintaining their natural flavours.

COOKING INSTRUCTIONS

Prepare from frozen. Oven: Cook for approx. 20 minutes at 200°C in a pre-heated oven.

CATCHING AREA

Northeast Atlantic (FAO 27)

Species	Pleuronectes platessa
Item number	161790000
Net weight	5000 g
Shelflife (days)	540
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	715 kJ / 171 kcal
Fat	8.8 g
- of which saturates	1.1 g
Carbohydrates	13 g
- of which sugars	0.5 g
Protein	9.4 g
Salt	1.3 g

ALLERGENS

Cereals, Crustaceans, Fish, Lactose

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.	5740300905449

PALLET DETAILS

Masters in EUR 1/1 pallet	96
Masters per layer	8
Layers per pallet	12
Gross weight (kg)	540.9
Net weight (kg)	480
Height (mm)	1791
Width (mm)	800
Length (mm)	1200
EAN no.	5740300985687

LANGUAGES ON LABEL

ES, FR, IT, HU, DK, DE, NL, POR, EN, SE, FI