

GREENLAND TURBOT FILLET, SKINLESS, MSC 200-400G, 5 KG, FROZEN

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Greenland turbot has a sweet and buttery umami flavor and a soft, pleasant texture. The meat is very white and the flavor fully developed, due to the slow growth in the ice-cold waters of the North Atlantic and Arctic Oceans. Greenland turbot has a high natural content of the healthy omega-3 fatty acids (2.36 g/100 g) and potassium.

The fillets are uniform in quality and appearance. They are versatile in use either as whole fillets or easily cut into smaller portions ideal for buffets.

INGREDIENTS

Greenland turbot fillets (**fish**). Water (protective glaze)

SERVING

Greenland turbot is easy to handle in the kitchen; it adapts flavors from marinades and spices very well, is easy to cook and never goes dry, even when slightly overcooked.

COOKING INSTRUCTIONS

Prepare in oven at low heat or on pan lightly dusted medium heat

THAWING INSTRUCTIONS

Defrost in refrigerator at max 40 F

CATCHING GEAR

Trawls

CATCHING AREA

Northwest Atlantic (FAO 21)

Species	Reinhardtius hippoglossoides
Item number	121135251
Net weight incl. glaze	12.13
Net weight excl. glaze	11.02
Glaze (%)	8 - 12
Shelflife (days)	720
Storage	Frozen
MSC certificate no.	MSC-C-56235

NUTRITIONAL VALUES PER 100G

Energy	670 kJ / 160 kcal
Fat	12 g
- of which saturates	2.7 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	13 g
Salt	0.18 g

ALLERGENS

Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (lbs)	12.13
Net weight (lbs)	11.02
Height (in)	5.35
Width (in)	11.81
Length (in)	15.75
EAN number	5740301145066

PALLET DETAILS

Masters in US pallet	120
Masters per layer	10
Layers per pallet	12
Gross weight (lbs)	1512.37
Net weight (lbs)	1322.77
Height (in)	70.16
Width (in)	39.37
Length (in)	47.24

LANGUAGES ON LABEL

IT, DK, DE, EN, FR