

TAABEL

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RO2115

Fried plaice fillet

70-100 g.

Ingredients:

Boneless **Plaice** fillet without dark skin (60%), breadcrumbs (**wheat** flour), palm oil, cornstarch, water, soy flour, skimmed-milk powder, spices, salt, flavour enhancer: E621

Consumer information:

Plaice: *Pleuronectes platessa*

Caught: North-East Atlantic

Cooking instructions:

Convection oven:

180°C for 9 min.

Ordinary oven:

200°C for 10 min.

Prepare from frozen

Nutritive values per 100 g:

Energy 930 kJ/ 223 kcal

Fat 11 g

- of which saturated 1,4 g

Carbohydrate 16 g

- of which sugars 0,6 g

Protein 13 g

Salt 1,3 g

Allergen information:

Included in
the product:

Gluten: Yes

Milk protein: Yes

Egg protein: No

Soy protein: Yes

Sulphite, not natural: No

Fish: Yes

Peanuts: No

Crustaceans: No

Nuts: No

Celery: No

Mustard: No

Sesame seeds: No

Sulfur dioxide: No

Lupine: No

Molluscs: No

Packing:

Weight per unit: 70-100 g.

Net weight per carton: 5,000 kg. (50-72 pcs.)

EAN: 5701470001430

Shelf life:

24 months from date of production at or below -18°C

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- People enjoy our seafood!