TAABBEL

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RO4100

Breaded plaice fillet

¼, without dark skin, 40-70 g.

Ingredients:
Boneless **plaice** fillet (60%), breadcrumb (**wheat**), water, **wheat** flour, salt.

Consumer information:
Plaice: Pleuronectes platessa Caught: North-East Atlantic

Cooking instructions:
Deep frying:
180°C for 3 min.

Frying pan:
5+3 min.

Prepare from frozen

Nutritive values per 100 g:

Energy	611 kJ/ 146 kcal
Fat	1,3 g
- of wich saturated	0 g
Carbohydrate	20,3 g
- of wich sugars	0,8 g
Protein	13 g
Salt	0,92 g

Allergen information:

	Included in the product:
Gluten:	Yes
Milk protein:	No
Egg protein:	No
Soy protein:	No
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: approx. 40-70 g.
Net weight per carton: 5,000 kg. (71-125 pcs.)

EAN: 5701470001263

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

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- People enjoy our seafood!

08.11.2016