

**TAABEL**

P. TAABEL & CO A/S

Industribuen 3, DK-7730 Hanstholm

Phone: +45 97961677, Fax: +45 97961244

www.taabel.dk



**RO4105**

## Breaded plaice fillet

1/4, without dark skin, 70-100 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	600 kJ/ 144 kcal
Fat	1,3 g
- of wich saturated	0 g
Carbohydrate	19,3 g
- of wich sugars	0,8 g
Protein	13,1 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. 70-100 g.

Net weight per carton: 5,000 kg. (50-71 pcs.)

**EAN: 5701470001300**

### Shelf life:

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