TAABBEL

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RO6513

Pre-baked formed plaice fillet

w/hollandaise & shrimps, 100 g.
-formed fish

Ingredients:
Boneless **plaice** fillet (41%), breadcrumbs (**wheat**), **wheat** flour, **shrimps** (10%), water, palm oil, cream powder (**milk**), margarine, **egg** yolk, mod. starch (potato, corn), lemon juice, salt, spices (**mustard**, **celery**), raising agent: E500

Consumer information:
Plaice: Pleuronectes platessa — Caught: North-East Atlantic
Shrimps: Pandalus borealis — Caught: North-East Atlantic

Cooking instructions:
Convection oven:
180°C for 20 min.

Ordinary oven:
200°C for 25 min.

Prepare from frozen

Nutritive values per 100 g:

Energy	1025 kJ/ 245 kcal
Fat	15 g
- of wich aturated	5,8 g
Carbohydrate	17 g
- of wich sugars	1,2 g
Protein	10 g
Salt	1,2 g

Allergen information:

	Included in the product:
Gluten:	Yes
Milk protein:	Yes
Egg protein:	Yes
Soy protein:	No
Sulphite, not natural:	No
Fish:	Yes
Peanuts:	No
Crustaceans:	Yes
Nuts:	No
Celery:	Yes
Mustard:	Yes
Sesame seeds:	No
Sulfur dioxide:	No
Molluscs:	No
Lupine:	No

Packing:
Weight per unit: 100 g
Net weight per carton: 5,000 kg (50 pcs.)

EAN: 5701470002093

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

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- People enjoy our seafood!

19.01.2015