

**TAABBEL**

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**RO2000**

**Plaice fillet natural**

1/2, without dark skin, 50-80 g.

**Ingredients:**

Plaice fillet (95%), water (protective glazing)

**Consumer information:**

Plaice: *Pleuronectes platessa*

Caught: North-East Atlantic

**Cooking instructions:**

Convection oven:

160°C for 8 min.

Ordinary oven:

180°C for 8 min.

Prepare from frozen

**Nutritive values per 100 g:**

Energy 391 kJ/ 93 kcal

Fat 1,8 g

- of wich saturated 0,3 g

Carbohydrate 0 g

- of wich sugars 0 g

Protein 19 g

Salt 0,7 g

-not containing added salt

**Allergen information:**

Included in the product:

Gluten: No

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

Molluscs: No

Lupine: No

**Packing:**

Weight per unit: 50-80 g.

Net weight per carton: 4,750 kg (63-100 pcs.)

**EAN: 5701470004783**

**Shelf life:**

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

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- People enjoy our seafood!