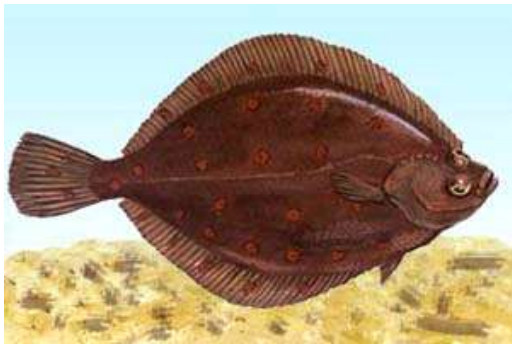


Raw material	Definition	Ingredients
--------------	------------	-------------



PLAICE
WHEAT FLOUR
Water
Salt
Yeast
E415

Fish species: Plaice
Catches area: FAO 27 IVa, IVb and IVc Origin: Holland
Latin name: Pleuronectes platessa

Breaded Plaice fillets 100-130

Pallet information

pallet: 8 Cartons pro layer X 15 layers = Total pallet 120

Fill weight 5kg

Total pallet weight: 600kg

Pallet height : 195 cm

pallet layers

Pallet label

Packing: Euro pallet.

Grading

Sort: 100gr - 130gr Tol.:±10gr

Glazing or coating

Pick-up: 40% (38% - 42%) Tol.:±2%

Preparation

From frozen

Pan-fry: Fry in oil or fat over a moderately high heat for approx. 6-7 minutes. Turn the product regularly.

Deep fry: Fry in oil or fat at 180°C. for approx. 3-4 minutes.

Convection oven: Preheat to 200°C heat the product for 16-18 minutes

Parameters

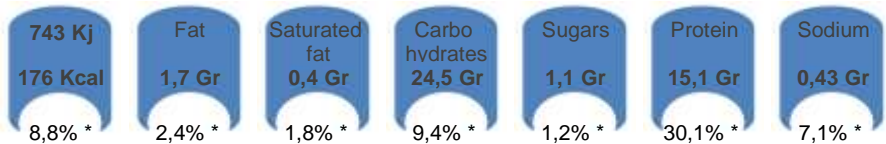
Fillet defects: Bones 1, Fins 1, Skin 1 ≤ 1cm², Bold edges 1, Fillet defects 1, Bloodspots 1 ≤ 1cm², Pigment n.v.t.. per 20 Fillets



Guideline Daily Amounts

Consumption Portion 100gr

* Reference intake of an average adult (8400 kJ / 2000 kcal)



Nutritional values per 100g

Energy	742,75	KJ
Energy	175,93	Kcal
Total carbohydrates	24,49	Gr
Carbohydrates whose sugars	1,10	Gr
Protein	15,06	Gr
Total fat	1,69	Gr
Saturated fat	0,37	Gr
Unsaturated fat	0,95	Gr
Sodium	0,43	Gr
Dietary fiber	1,19	Gr

ALBA-list

- | | | |
|--|--------------------------------------|------------------------------------|
| <input type="checkbox"/> cow milk | <input type="checkbox"/> cocoa | <input type="checkbox"/> cinnamon |
| <input type="checkbox"/> lactose | <input type="checkbox"/> - | <input type="checkbox"/> vanillin |
| <input type="checkbox"/> chicken protein | <input type="checkbox"/> legume | <input type="checkbox"/> coriander |
| <input type="checkbox"/> soy protein | <input type="checkbox"/> nuts | <input type="checkbox"/> celery |
| <input type="checkbox"/> soy oil | <input type="checkbox"/> nuts oil | <input type="checkbox"/> - |
| <input checked="" type="checkbox"/> gluten | <input type="checkbox"/> peanuts | <input type="checkbox"/> root |
| <input checked="" type="checkbox"/> wheat | <input type="checkbox"/> peanuts oil | <input type="checkbox"/> lupine |
| <input type="checkbox"/> rye | <input type="checkbox"/> sesame | <input type="checkbox"/> mustard |
| <input type="checkbox"/> beef | <input type="checkbox"/> sesame oil | <input type="checkbox"/> molluscs |
| <input type="checkbox"/> pork | <input type="checkbox"/> glutamate | <input type="checkbox"/> - |
| <input type="checkbox"/> chicken | <input type="checkbox"/> E220/228 | <input type="checkbox"/> - |
| <input checked="" type="checkbox"/> Fish | <input type="checkbox"/> - | <input type="checkbox"/> - |
| <input type="checkbox"/> shellfish | <input type="checkbox"/> - | |
| <input type="checkbox"/> corn | <input type="checkbox"/> - | |