

Boneless Alaskan Plaice Fillets

(skinless or skin-on)



Latin Name: Pleuronectes quadrituberculatus

Country of Origin: USA

Method of Harvest: Wild Caught/Trawl

Season: Year-round

Brand: Seafine

Storage Temp: -0° F (- 18° C)

Frozen Shelf Life: 12 months

Size Ranges: 4, 6, 7, 8 oz. fillets

Ingredients: Plaice

Contains: Fish (plaice)

Key Selling Points:

- Versatile Fish
- Larger Sized Fillets
- Consistent Availability

FLAVOR PROFILE



TEXTURE



COOKING SUGGESTIONS:

Bake, broil or sauté fillets until fish flakes easily with a fork.

Thawing: Place fillets in a container on the bottom shelf in the refrigerator and thaw for 8-24 hours; temperature should not exceed 45° F.

Safe Handling: Keep frozen. Do not refreeze once thawed. Cook thoroughly to 145° F for 15 seconds to reduce risk of foodborne illness.

Nutrition Facts

Serving Size: 4oz. (113g)

Amount Per Serving		% Daily Value*	
Calories	80	Calories from Fat	10
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	250mg		10%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	17g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	0%



*Percent Daily Values are based on a 2,000 calorie diet.

Case Pack	Net Weight	Case Dimensions	Case Cube	Ti/Hi	Pallet Count
1 x 10 lb.	10 lbs.	15.5 x 10.75 x 4.5	43	10/10	100

Additional Pack Sizes Available.



Eastern Fisheries, Inc.

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