

AQUAFISK²

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European Plaice Pleuronectes Platessa

Plaice are a flatfish known for their red and orange spots and smooth skin. Plaice are found all around Iceland and from the Barents Sea down to the Mediterranean. They can tolerate both fresh and salt water. The main catch is May, June, September, and October.

Nutrition Facts servings per container Serving size 4 oz (112g) Amount per serving 70 Calories % Daily Value* Total Fat 1.5g 2% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 75mg 25% Sodium 380mg 16% Total Carbohydrate 5g 2% Dietary Fiber 0g 0% Total Sugars 0g Includes 0g Added Sugars 0% Protein 9g Vitamin D 0mcg 0% Calcium 0mg

Iron 2mg Potassium 0mg 0% *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used is used for general nutrition advice.



0% 2%

Plaice

Fresh



Choose from a number of convenient cuts and sizes. Available European Plaice options include:

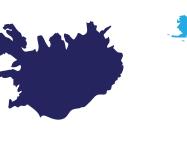
Specs

- Fillet, skinless, boneless
- Pack / Sizes
- 1/10# 4/6oz, 6+oz, 8+oz
- Fillet, Kosher

Origin: Iceland

1/10# − 6+oz

Ship to: US & Canada





DEC

JAN



