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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	
<b>Serving size</b>	<b>4 oz (112g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2mg	2%
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 for general nutrition advice.



# Plaice

Frozen



**Options:**  
Different frozen cuts and sizes available upon request.

Origin: Iceland



Ship to: US & Canada



Catch by season.

- COD - High Season
  - HADDOCK - High Season
  - POLLOCK - High Season
  - ARCTIC CHAR - Year Round
  - PLAICE - High Season
- LOW SEASON

