

# **AQUAFISK**

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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 Calories	70
<u></u> %	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	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 is used for general nutrition advice.



# **Plaice**



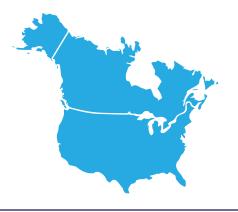
### **Options:**

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

