

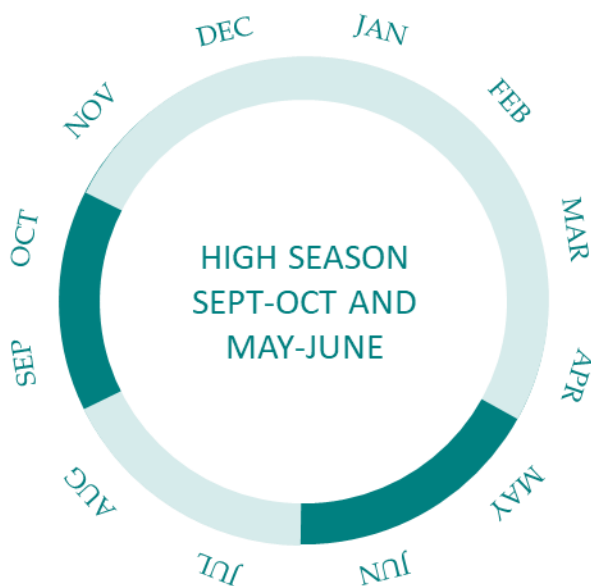


## Plaice (*Pleuronectes Platessa*) Fresh & Frozen

### Options:

Skin on fillets  
Skinless/boneless  
Single frozen IQF  
Fresh by air  
All sizes

*Plaice is a common flatfish which spends most of its time on the sandy and muddy bottom in the shallow areas close to the coast and can be found all around Iceland. Plaice has a rich taste and creamy texture.*



### Nutrition Facts

4oz (100g) of raw Plaice contains

|                  |         |
|------------------|---------|
| Energy:          | 84 kcal |
| Protein:         | 13.4 g  |
| Unsaturated Fat: | 2.6 g   |
| Saturated Fat:   | 0.7 g   |
| Cholesterol:     | 54 mg   |