

# ERIK THE RED

SEAFOOD, Ehf.

Hafnarfjörður, Iceland



## PLAICE (PLEURONECTES PLATESSA) Fresh & Frozen

*Plaice is a flatfish known for red and orange spots and smooth skin found around Iceland, the Barents Sea and the Mediterranean. The main catch is May, June, September, October.*

### OPTIONS:

H&G  
Skinless Boneless Fillet  
Skin on Boneless Fillet  
Portion



### 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