

## 205808S Sea Bass Fillets 100-140g (Arctic Royal)



**Pack Size:** 800G BAG

**Details:** Sea bass has a meaty texture and a mildly sweet flavour. Pair it with light and zesty flavours such as lemon, fennel and fresh herbs.  
Raw Sea Bass Fillets, Skin-on, Boneless, IQF, 100-140g.

### Allergen Information

**Contains:**

Fish

**Free from:**

Cereal, Celery, Sesame, Crustaceans, Eggs, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sulphur Dioxide, Soya

**Suitable for:**

Coeliacs

### Handling Information

**Directions For Use:**

Defrost fully before cooking

PAN FRY: Heat a heavy frying pan and add oil. Once hot, fry the fish skin side down in the pan for 6-7 minutes until crisp and golden. Turn over and cook for a further 2 minute. Ensure fully cooked before consumption.

**Storage Instructions:**

Keep Frozen at 18oC or below. Do not refreeze once defrosted

### Product Ingredients

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Sea Bass Fillets (**FISH**) (100%).

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

127 kcal / 533 kJ

**Fat:**

6.7 g

**of which saturates:**

1.5 g

**Carbohydrates:**

0.9 g

**of which sugars:**

0.5 g

**Fibre:**

No Data

**Protein:**

15 g

**Salt:**

0.15 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging

or speak with our QA Department.