

# Plaice

Source: Atlantic/ FAO 27

*Pleuronectes platessa*



## Product Line



**70-140g Fillets**  
**Skin on, Boneless,**  
10 kg cartons NET



**100g rolls or crackers**  
**Boneless**  
10 kg cartons NET

## Nutritional Information

Servings	1
Serving Weight	100g (raw)
Calories	94
Protein	19 g
Fat, total	2 g
Saturated fatty acids, total	1 g
Carbohydrate	0 g
Sugars, total	0 g
Fiber, total dietary	0 g
Sodium	12 mg

## Documentation Proof

<i>Country</i>	<i>Documents Required</i>
Atlantic (FAO27)	Certificate of Origin Inspection and Quarantine Certificate Catch Certificate



## Summary

There are some concerns over the fishing of this product, but it is an abundant species, well populated and one that should be used as an alternate to other species.

## PRR Accepted Standard

Caught by Demersal Twin Rigged Trawl from FAO27  
(Central North Sea)

## Sustainability

Plaice used to be primarily caught in mixed fisheries for cod, haddock, redfish, saithe and other species. However, the supply is abundant and it can now be a primary catch. The fisheries are generally accredited, although rates for the fisheries are not known.

It is classified as not endangered with its population increasing in recent years.

