Pomfret (Paplet) - Large

Sold in Lots of: **'Any' (You choose and we deliver)**

Fishes per KG: **2-3**

Average price: **Rs. 1300 per KG**

Pre Order to get an additional discount of 10%. Order anytime between 7 AM to 10 PM to get delivery on next day by 10 AM. To order call or Whatsapp us on 7710989007. You can also add the product to cart, place order and whatsapp order details on the same number.

Found in oceans but without the smell and aftertaste of most seawater fishes, Silver Pomfret is a staple in many seaside homes. Best when cooked fresh, the fish comes with oodles of flavor and taste. Steam it, grill it, or fry it in a pan - this fish will make you happy in all forms.

A staple in many Indian households, Silver pomfret is usually cooked whole after removing inner organs.

Nutritional Value:

Silver Pomfret is rich in protein, Vitamin A, Vitamin D, Vitamin B12, calcium and other nutrients

Per 100 gram serving has

- 19g Protein
- 1.7g Fats

Health Benefits:

- Prevents stroke
- Boosts immune system
- Decreases dementia risk
- Rejuvenates the skin
- Prevents Anaemia
- Control the cholesterol level, prevents cardiovascular diseases
  Improves vision

  Key health benefits of silver pomfret fish:

- Good for eye health: The Omega-3-fatty acid and retinol content in pomfrets protect the eye from age-related macular degeneration (AMD). Hence, its consumption makes eye vision stronger.

- Improves memory and concentration: Traces of Vitamin-D present in pomfret promotes good sleep, which in turn increases our concentration. Its consumption also decreases the risk of dementia.

- Promotes heart's health: Paplet fish has lean protein. It means it is low on saturated fat and cholesterol, which is good for the heart.

- Rejuvenates the skin: Consumption of pomfret helps rejuvenate your skin and makes it look healthier and fresher.

- Prevents bone-related disorders: Consumption of pomfret prevents the chance of developing bone-related diseases like Osteomalacia And Rachitis, in adults and children, respectively. Both are Vitamin D deficiency diseases and causes the bones to be soft. In this condition, bones break easily.