



Mamaliga



Ingrediente o portie de 200g :

apa 160g, malai 40g, Ulei de floare 2g (ulei floarea soarelui), Condiment sare / piper 1g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	80.72	161.45
Energie Kj	337.73	675.50
Grasimi	1.64g	3.28g
din care acizi grasi saturati	0.2g	0.4g
Glucide	15.39g	30.78g
din care zaharuri	0.13g	0.26g
Fibre	1.46g	2.92g
Proteine	1.63g	3.25g
Sare	0.07g	0.14g

Alergeni

Alune

Aditivi

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