



Orez cu legume mexicane



Ingrediente o portie de 200g :

amestec mexican de legume 100g, Orez basmati 100g (apa, orez basmati, unt, sarat, Condiment sare / piper), unt, sarat 10g, vin alb sec 5g, patrunjel verde 5g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	194.07	388.13
Energie Kj	811.98	1623.93
Grasimi	10.23g	20.46g
din care acizi grasi saturati	4.7g	9.4g
Glucide	17.04g	34.08g
din care zaharuri	2.01g	4.01g
Fibre	0.08g	0.16g
Proteine	3.46g	6.92g
Sare	0.29g	0.58g

Alergeni

Lapte, Lapte

Aditivi

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