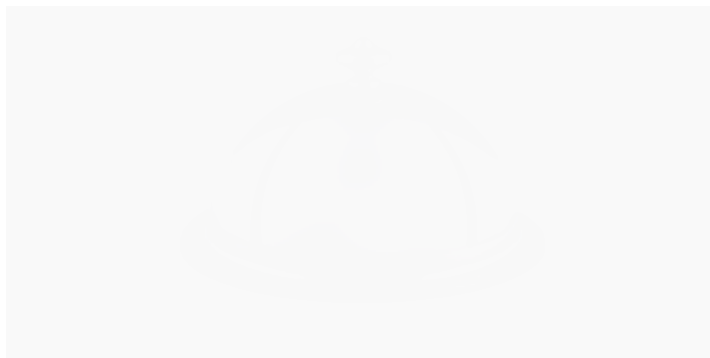




Pastrav pe plita cu legume la abur



Ingrediente o portie de 400g :

pastrav 200g, Panache de legume la abur 200g (conopida [Conopida], broccoli [Broccoli], lamaie, ulei de masline extra virgin, Condiment sare / piper, unt, sarat, oregano uscat), lamaie 40g, sare de masa iodata 6g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	196.83	787.3
Energie Kj	823.53	3294.06
Grasimi	8.89g	35.57g
din care acizi grasi saturati	2.42g	9.69g
Glucide	2.65g	10.59g
din care zaharuri	0.9g	3.6g
Fibre	1.93g	7.74g
Proteine	24.74g	98.96g
Sare	1.86g	7.44g

Alergeni

Peste, Lapte

Telina

Aditivi

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