



Piure de cartofi



Ingrediente o portie de 150g :

cartofi albi 100g, lapte 1,5% 25g, unt 5g, Condiment sare / piper 2g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	77.38	116.07
Energie Kj	323.75	485.63
Grasimi	3.02g	4.53g
din care acizi grasi saturati	1.88g	2.82g
Glucide	11.25g	16.87g
din care zaharuri	1.52g	2.28g
Fibre	1.6g	2.4g
Proteine	1.66g	2.49g
Sare	0.27g	0.41g

Alergeni

Lapte, Alune

Aditivi

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