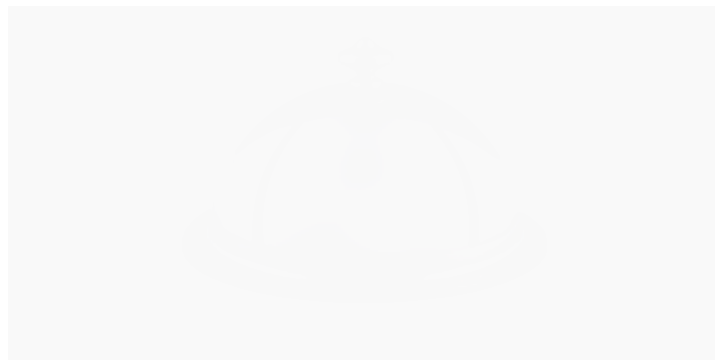




Conopida au gratin cu sos mornay



Ingrediente o portie de 300g :

conopida [Conopida] 250g (produs / din produs congelat), Sos Bechamel 60g (lapte uht 1.5%,faina alba de grau , unt, sarat,Condiment sare / piper), cascaval [lapte de oaie pasteurizat, sare, culturi lactice selectionate, cheag] [Lapte crud de oaie, sare, cheag] 20g, ardei kapia 20g, Condiment sare / piper 5g (sare de masa iodata,piper negru macinat), patrunjel verde 5g, nucsoara macinata 0.5g, oregano uscat 0.5g, oua a marimea m (OU) 0.2g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	81.51	244.53
Energie Kj	341.03	1023.11
Grasimi	4.17g	12.51g
din care acizi grasi saturati	2.43g	7.3g
Glucide	5.14g	15.43g
din care zaharuri	3.04g	9.11g
Fibre	2.72g	8.15g
Proteine	4.85g	14.56g
Sare	0.46g	1.38g

Alergeni

Oua
Lapte
Telina, Lapte
Gluten
Alune

Aditivi

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