

## Ciorba de fasole boabe



### Ingrediente o portie de 350g :

apa 200g, fasole boabe fiarta 50g, morcov 25g, ceapa galbena 25g, telina radacina 25g, rosii decojite 25g, ulei floarea soarelui 10g, piure de rosii 10g, leustean 5g, patrunjel verde 5g, cimbru 1g

Declaratie nutritionala	100g	Portie 350g
<b>Energie Kcal</b>	59.41	207.93
<b>Energie Kj</b>	248.57	869.97
<b>Grasimi</b>	2.95g	10.32g
din care acizi grasi saturati	0.33g	1.15g
<b>Glucide</b>	6.54g	22.88g
din care zaharuri	1.05g	3.68g
Fibre	2.14g	7.48g
Proteine	1.59g	5.55g
Sare	0.07g	0.24g

### Alergeni

Soia  
Telina,

### Aditivi

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