



Ciorba acra de pui cu zdrente de ou



Ingrediente o portie de 350g :

apa 200g, pui grill 70g, bors 30g, cartofi albi 70g, amestec de legume pentru ciorba traditionala 50g, oua 30g, piure de rosii 30g, rosii decojite 30g, ceapa 20g, morcov 10g, ardei 10g, patrunjel verde 5g, Ulei de floare 5g (ulei floarea soarelui), Condiment sare / piper 2g (sare de masa iodata, piper negru macinat)

| Declaratie nutritionala | 100g | Portie 350g |
|-------------------------------|--------|----------------|
| Energie Kcal | 158.01 | 553.02 |
| Energie Kj | 661.11 | 2313.83 |
| Grasimi | 8.51g | 29.8g |
| din care acizi grasi saturati | 2.17g | 7.58g |
| Glucide | 7.87g | 27.56g |
| din care zaharuri | 3.27g | 11.46g |
| Fibre | 1.59g | 5.55g |
| Proteine | 12.17g | 42.59g |
| Sare | 0.43g | 1.5g |

Alergeni

Soia
Telina
Oua, Alune

Aditivi

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