



Supa crema de ciuperci cu crutoane



Ingrediente o portie de 350g :

crutoane simple 200g, ciuperci champignon 120g, toast clasic 60g, ulei floarea soarelui 50g, telina radacina 50g, smantana vegetala 30g, ceapa galbena 20g, unt 10g, piper alb 5g, sarat 1g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	169.51	593.28
Energie Kj	709.22	2482.28
Grasimi	7.01g	24.54g
din care acizi grasi saturati	3.5g	12.26g
Glucide	21.91g	76.68g
din care zaharuri	2.11g	7.39g
Fibre	1.47g	5.16g
Proteine	5.05g	17.67g
Sare	0.63g	2.21g

Alergeni

Gluten
Telina
Lapte
Soia,

Aditivi

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