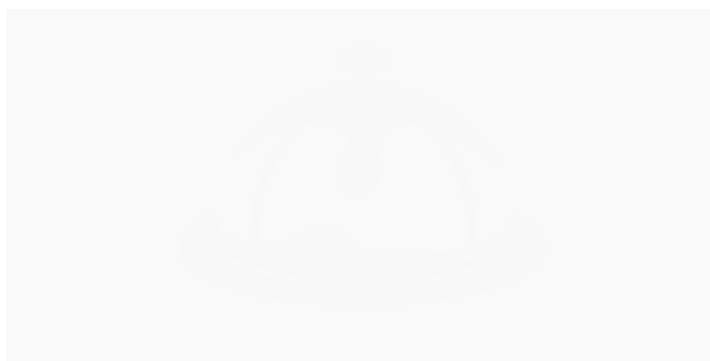




Chefal la gratar



Ingrediente o portie de 300g :

chefal crud 300g, lamaie 50g, Condiment sare / piper 2g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	141.41	424.22
Energie Kj	591.65	1774.93
Grasimi	4.47g	13.42g
din care acizi grasi saturati	1.31g	3.94g
Glucide	1.57g	4.7g
din care zaharuri	0.42g	1.25g
Fibre	0.47g	1.4g
Proteine	22.82g	68.46g
Sare	0.28g	0.83g

Alergeni

Peste, Alune

Aditivi

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