

## Pastrav la gratar



### Ingrediente o portie de 250g :

pastrav 250g, lamaie 30g, sare de masa iodata 2g

Declaratie nutritionala	100g	Portie 250g
<b>Energie Kcal</b>	193.48	483.7
<b>Energie Kj</b>	809.52	2023.80
<b>Grasimi</b>	8.51g	21.27g
din care acizi grasi saturati	1.48g	3.69g
<b>Glucide</b>	1.12g	2.8g
din care zaharuri	0.3g	0.75g
Fibre	0.34g	0.84g
Proteine	26.73g	66.83g
Sare	0.94g	2.36g

### Alergeni

Peste,

### Aditivi

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