



## Iahnie de fasole cu muraturi asortate



### Ingrediente o portie de 450g :

Iahnie de fasole 300g (apa, fasole alba , ardei, rosii decojite, ceapa, piure de rosii, Condiment boia/cimbru/usturoi, Condiment sare / piper, foi dafin), Muraturi asortate 150g (varza murata, castraveti murati)

Declaratie nutritionala	100g	Portie 450g
<b>Energie Kcal</b>	54.52	245.36
<b>Energie Kj</b>	228.11	1026.58
<b>Grasimi</b>	1.39g	6.27g
din care acizi grasi saturati	0.19g	0.86g
<b>Glucide</b>	7.91g	35.6g
din care zaharuri	4.35g	19.59g
Fibre	2.73g	12.27g
Proteine	2.21g	9.93g
Sare	1.08g	4.88g

**Alergeni**

**Aditivi**

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