



Macrou la cuptor si orez cu legume



Ingrediente o portie de 400g :

Macrou la cuptor 250g (macrou congelat ,ardei, ceapa galbena,lamaie,Ulei de floare,patrunjel verde,Condiment sare / piper,oregano uscat, busuioc), Orez cu legume mexicane 150g (amestec mexican de legume , Orez basmati,unt, sarat,patrunjel verde, vin alb sec), patrunjel verde 5g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	264.01	1056.03
Energie Kj	1104.61	4418.42
Grasimi	19.32g	77.29g
din care acizi grasi saturati	4.53g	18.11g
Glucide	8.03g	32.13g
din care zaharuri	1.1g	4.41g
Fibre	0.55g	2.19g
Proteine	17.92g	71.69g
Sare	0.29g	1.17g

Alergeni

Peste
Lapte

Aditivi

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