



## Salata Caesar cu pui si crutoane



### Ingrediente o portie de 400g :

piept de pui file, fara piele 150g, salata iceberg 150g, sos caesar 50g, crutoane aromate 35g, kaiser 30g, lamaie 20g, parmezan ras 5g, piper negru 2g

Declaratie nutritionala	100g	Portie 400g
<b>Energie Kcal</b>	216.83	867.32
<b>Energie Kj</b>	907.21	3628.86
<b>Grasimi</b>	12.41g	49.64g
din care acizi grasi saturati	2.75g	11g
<b>Glucide</b>	8.63g	34.53g
din care zaharuri	1.64g	6.54g
Fibre	1.22g	4.87g
Proteine	17.12g	68.49g
Sare	0.95g	3.8g

### Alergeni

Gluten  
Lapte,

### Aditivi

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