



Salata Orientala cu ou



Ingrediente o portie de 300g :

apa 2g, cartofi albi cruzi 150g, gogosari in otet 50g, oua clasa m 30g, ceapa rosie 30g, masline negre feliate 20g, Ulei de floare 10g (ulei floarea soarelui), patrunjel verde 5g, Condiment sare / piper 1g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	94.23	282.69
Energie Kj	394.25	1182.77
Grasimi	4.86g	14.57g
din care acizi grasi saturati	0.74g	2.23g
Glucide	10.19g	30.58g
din care zaharuri	1.37g	4.12g
Fibre	1.92g	5.77g
Proteine	2.42g	7.26g
Sare	0.42g	1.25g

Alergeni

Mustar
Oua, Alune

Aditivi

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