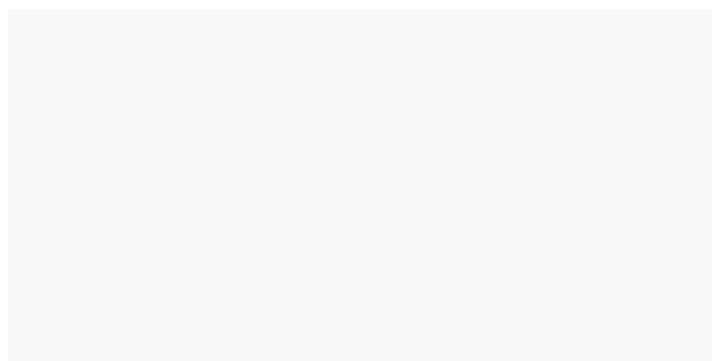




Copan de curcan la cuptor cu sos de tarhon si piure de cartofi



Ingrediente o portie de 600g :

pulpa de curcan cruda 450g (produs / din produs congelat), Piure de cartofi 150g (cartofi albi ,lapte 1,5%,unt,Condiment sare / piper), Mix legume morcov,telina,ceapa 90g (telina radacina, ceapa galbena, morcov crud), Sos de tarhon 70g (Sos de vin,smantana vegetala ,tarhon), ulei de floarea soarelui 15g, ceapa verde 5g, usturoi proaspat 4g, Condiment sare / piper 2g (sare de masa iodata,piper negru macinat), cimbru [cimbru proaspat] 1g

Declaratie nutritionala	100g	Portie 600g
Energie Kcal	140.24	841.42
Energie Kj	586.76	3520.50
Grasimi	6.35g	38.07g
din care acizi grasi saturati	1.72g	10.31g
Glucide	5.32g	31.92g
din care zaharuri	1.23g	7.37g
Fibre	0.88g	5.28g
Proteine	15.33g	91.97g
Sare	0.48g	2.89g

Alergeni

Lapte
Telina
Alune

Aditivi

Agent de ingrosare: E412