

Supa crema de legume



Ingrediente o portie de 350g :

apa 200g, crutoane simple 50g, telina radacina 50g, ulei floarea soarelui 50g, morcov crud 30g, ardei gras rosu 30g, cartofi albi cruzi 30g, ceapa galbena 2g, dovlecei 20g, patrunjel verde 5g, sare de masa iodata 2g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	197.74	692.1
Energie Kj	827.34	2895.74
Grasimi	14.22g	49.76g
din care acizi grasi saturati	1.67g	5.86g
Glucide	15.26g	53.4g
din care zaharuri	1.25g	4.37g
Fibre	1.83g	6.39g
Proteine	2.38g	8.34g
Sare	0.86g	3.01g

Alergeni

Gluten
Telina,

Aditivi

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