

Peixe espada grelhado com legumes e batata

INGREDIENTS

[Batata com pele, crua, Azeite, Sal], [Peixe espada, cru (FISH), Sal], [feijão verde (vagem), cru, Cenoura, crua, Couve branca, crua, Azeite, Sal]



NUTRICIONAL DECLARATION (por 100g)

Energy: 429 KJ / 103 Kcal

Lipids: 2.48 g,

of which Saturated: 0.44 g

Carbohydrates: 13.54 g,

of which Sugars: 1.26 g

Fiber: 1.44 g

Proteins: 5.80 g

Salt: 0.60 g

ALLERGENS



Contains: Fish