



## INGREDIENTS

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lulas, congeladas(42%) (MOLLUSCS), tentáculos de potas(34%) (POTA, sal, antioxidante (E330), corretor de acidez (E331, E500), estabilizante (E451)), choco(26%) (MOLLUSCS), cebola(23%), cenoura(17%), couve portuguesa(10%), miolo de amêijoas(8%) (MOLLUSCS), chouriço corrente(8%) (GLUTEN, SOYBEANS), Massa macarronete(6%) (GLUTEN), azeite, miolo de mexilhão, congelado (miolo de MEXILHÃO, água), salsa(1%), colorau(0%), sal(0%).

## NUTRICIONAL DECLARATION (por 100g)

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Energy: 716 KJ / 171 Kcal	Lipids: 7.5 g,	of which Saturated: 2.1 g
Carbohydrates: 7.1 g,	of which Sugars: 2.1 g	Fiber: 1.2 g
Proteins: 18 g	Salt: 0.90 g	

## ALLERGENS

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Contains: Gluten, Soybeans, Molluscs

Can contain traces of Crustaceans, Eggs, Fish, Celery, Mustard, Sesame Seeds, Sulphur dioxide / sulphites

## PRODUCT CHARACTERISTICS

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Commercial Name: Rancho do mar

Conservation Instructions: Consumo imediato

Packed by: Sabor e Arte - R. Fernandes Martins Lt 19 loja Tz - 3030-300 Coimbra

Validity: Consumo imediato