Technical Sheet

Beringela à Chef

Ingredients

Aubergine, raw(38%), (37%), Olive oil(18%), (3%) (MILK), (2%) (NUTS), Salt(1%), (0%), Black pepper(0%).



Nutricional Declaration (Per 100g)

Energy: 199 Kcal /835 KJ

Lipids: 20 g

of which Saturated: 3.1 g

Carbohydrates: 2.4 g

of which Sugars: 2.2 g

Proteins: 1.7 g

Salt: 0.66 g

835KJ	LIPIDS	SATURATED	CARBS	SUGARS	PROTEINS	SALT
199Kcal	20g	3.1g	2.4g	2.2g	1.7g	0.66g
10%*	29%*	15%*	1%*	2%*	2%*	13%*

*Reference intake of an average adult (8400 kJ / 2000 kcal)

Allergens

Contains: Milk, Nuts

Can contain traces of Gluten, Peanuts, Soybeans, Celery, Mustard, Sesame Seeds, Sulphur dioxide / sulphites

Product Characteristics

Commercial Name: Beringela à Chef

Conservation Instructions: Conservar entre 4ºC e 8ºC.

Cooking Suggestion: Pronto a consumir.

Origin Countre: Portugal :

Microbiological Specification

Microrganismos 30ºC	Enterobactérias	Escherichia coli	Staphylococcus coag.+	Salmonella spp	Listeria monocytogenes
< 1 x 10^2/g	< 1 x 10^1/g	< 1 x 10^1/g	< 1 x 10^2/g	Ausente em 25g	Ausente em 25g

Valores Guia INSA (Instituto Nacional de Saúde Dr. Ricardo Jorge) de 25 de Novembro de 2015
Valores relativos a refeições totalmente cozinhadas ou adicionadas de especiarias, ervas aromáticas secas, desidratadas ou tratadas por radiação ionizante, de produtos UHT e de maionese industrializada.