



## INGREDIENTS

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Pescada à Lagareiro: filetes de pescada(70 %) ((PEIXE)), cebola, crua(37 %), alho, cru(5 %), sal(1 %), azeite. Batata a murro: batata com pele(98 %), sal(2 %). Migas: feijão frade cozido, lata(40 %) (SULPHUR DIOXIDE / SULPHITES), tempero de azeite(23 %), broa de milho(18 %) (GLUTEN), couve portuguesa(18 %), alho(4 %), sal(1 %).

## NUTRITIONAL DECLARATION (por 100g)

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Energy: 320 KJ / 76 Kcal	Lipids: 3.5 g,	of which Saturated: 0.45 g
Carbohydrates: 9.1 g,	of which Sugars: 0.6 g	Fiber: 1.0 g
Proteins: 1.5 g	Salt: 1.7 g	

## ALLERGENS

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Contains: Gluten, Fish, Sulphur dioxide / sulphites

Can contain traces of Eggs, Peanuts, Soybeans, Milk, Nuts, Mustard, Sesame Seeds, Lupin

## PRODUCT CHARACTERISTICS

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Commercial Name: Pescada à lagareiro

Conservation Instructions: Consumo imediato

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

Validity: Consumo imediato