



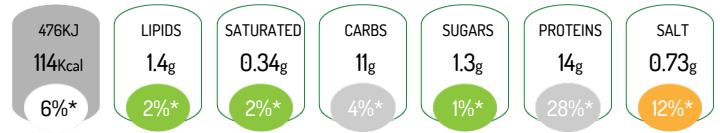
## Massada de carne

## Ingredients

frango inteiro sem pele, cru, cebola, Esparguete, cru (GLUTEN), tomate, alho, sal, coentros, salsa, louro, folha, azeite.

## Nutritional Declaration (Per 100g)

Energy: 114 Kcal /476 KJ  
Lipids: 1.4 g  
Carbohydrates: 11 g  
Proteins: 14 g  
Fiber: 0.6 g  
of which Saturated: 0.34 g  
of which Sugars: 1.3 g  
Salt: 0.73 g



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

## Allergens



Contains: Gluten  
Can contain traces of Eggs, Soybeans, Mustard

## Product Characteristics

Commercial Name: Massada de carne

Conservation Instructions: Massada de carne