



# Solha frita c/ arroz de legumes

## Ingredients

Solha frita: Solha, crua (FISH), farinha de trigo (GLUTEN), óleo para fritura (óleo de soja refinado, óleo de girassol refinado), sal. Arroz de tomate: Arroz vaporizado(23%), polpa de tomate(14%) (sumo de tomate concentrado, água, sal, antioxidante (E330)), tomate(12%), cebola(8%), sal(0%), caldo de carne em cubos(0%) (sal, gordura vegetal hidrogenada e não hidrogenada (palma), intensif. sabor (E621, E629, E631), extrato de carne, açúcar, xarope de caramelo, cebola, maltodextrina, cenoura, salsa, aromas, AIPO), salsa(0%), louro, folha(0%), azeite.



## Nutritional Declaration (Per 100g)

Energy: 95 Kcal /397 KJ

Fiber: 0.12 g

Lipids: 2.9 g

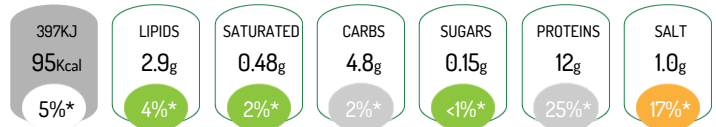
of which Saturated: 0.48 g

Carbohydrates: 4.8 g

of which Sugars: 0.15 g

Proteins: 12 g

Salt: 1.0 g



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

## Allergens



Contains: Gluten, Fish, Celery

Can contain traces of Soybeans

## Product Characteristics

Commercial Name: Solha frita c/ arroz de legumes

Conservation Instructions: Solha frita c/ arroz de legumes