



## INGREDIENTS

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lulas, congeladas(83 %) (MOLLUSCS), Arroz branco(36 %) [Arroz vaporizado(33 %), sal(2 %), óleo alimentar(1 %), água ], polpa de tomate(21 %) (sumo de tomate concentrado, água, sal, antioxidante (E330)), tiras de choco(16 %) (MOLLUSCS), cebola(14 %), Tentáculo de pota, congelado (POTA, sal, antioxidante (E330), corretor de acidez (E331, E500), estabilizante (E451)), miolo de amêijoia(5 %) (MOLLUSCS), miolo de mexilhão, congelado(5 %) (miolo de MEXILHÃO, água), azeite(5 %), sal(0 %), salsa(0 %), louro, folha(0 %).

## NUTRICIONAL DECLARATION (por 100g)

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Energy: 737 KJ / 176 Kcal	Lipids: 6.2 g,	of which Saturated: 1.1 g
Carbohydrates: 11 g,	of which Sugars: 1.7 g	Fiber: 0.8 g
Proteins: 18 g	Salt: 1.7 g	

## ALLERGENS

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Contains: Molluscs

Can contain traces of Crustaceans, Fish

## PRODUCT CHARACTERISTICS

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Commercial Name: Arroz do Mar

Conservation Instructions: Consumo imediato

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

Validity: Consumo imediato