



## Ingredients

lulas, congeladas(42%) (MICZAKI), tentáculos de potas(34%) (POTA, sal, antioxidante (E330), corretor de acidez (E331, E500), estabilizante (E451)), choco(26%) (MICZAKI), cebola(23%), cenoura(17%), couve portuguesa(10%), miolo de amêijoas(8%) (MICZAKI), chouriço corrente(8%) (GLUTEN, SOJA), Massa macarronete(6%) (GLUTEN), azeite, miolo de mexilhão, congelado (miolo de MEXILHÃO, água), salsa(1%), colorau(0%), sal(0%).

## Nutritional Declaration (Per 100g)

Energy: 171 Kcal / 716 KJ

Fiber: 1.2 g

Lipids: 7.5 g

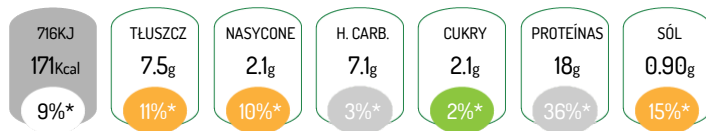
of which Saturated: 2.1 g

Carbohydrates: 7.1 g

of which Sugars: 2.1 g

Proteins: 18 g

Salt: 0.90 g



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

## Allergens



Contém: Gluten, Soja, Miczaki

Pode conter vestígios de Skorupiaki, Jaja, Ryby, Seler, Gorczyca, Nasiona sezamu, Dwutlenek siarki i siarczyny

## Product Characteristics

Commercial Name: Rancho do mar

Conservation Instructions: Rancho do mar