



INGREDIENTS

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

NUTRICIONAL DECLARATION (por 100g)

Energy: 716 KJ / 171 Kcal	Lipids: 7.5 g,	of which Saturated: 2.1 g
Carbohydrates: 7.1 g,	of which Sugars: 2.1 g	Fiber: 1.2 g
Proteins: 18 g	Salt: 0.90 g	

ALLERGENS



Contains: Gluten, Soybeans, Molluscs

Can contain traces of Crustaceans, Eggs, Fish, Celery, Mustard, Sesame Seeds, Sulphur dioxide / sulphites

PRODUCT CHARACTERISTICS

Commercial Name: Rancho do mar

Conservation Instructions: Consumo imediato

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

Validity: Consumo imediato