



## INGREDIENTS

---

Espetada de tofu: tofu(47 %) (SOYBEANS, GLUTEN), cebola(21 %), curgete(11 %), Pimento vermelho(5 %), azeite, Pimento verde(4 %), alho(3 %), salsa(3 %), pimenta preta(0 %), sal(0 %). Arroz de cenoura: água (34 %), arroz vaporizado(17 %), cenoura(8 %), cebola, crua(7 %), sal(1 %), alho(0 %), salsa fresca, crua(0 %), louro, folha(0 %), azeite.

## NUTRICIONAL DECLARATION (por 100g)

---

Energy: 285 KJ / 68 Kcal	Lipids: 4.9 g,	of which Saturated: 0.7 g
Carbohydrates: 2.0 g,	of which Sugars: 0.6 g	Fiber: 0.6 g
Proteins: 3.6 g	Salt: 0.58 g	

## ALLERGENS

---



Contains: Gluten, Soybeans  
Can contain traces of Peanuts, Nuts, Celery, Mustard, Sesame Seeds

## PRODUCT CHARACTERISTICS

---

Commercial Name: Espetada de tofu  
Conservation Instructions: Consumo imediato  
Packed by: Sabor e Arte - R. Fernandes Martins Lt 19 loja Tz - 3030-300 Coimbra  
Validity: Consumo imediato