



## INGREDIENTS

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Solha grelhada: Solha, crua (FISH), limão, sal. Arroz de legumes: arroz vaporizado(20%), ervilhas, congeladas(8%), cenoura, crua(8%), feijão verde, congelado(8%), cebola(7%), milho doce(4%), sal(1%), alho(0%), salsa(0%), louro, folha(0%), azeite.

## NUTRITIONAL DECLARATION (por 100g)

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Energy: 188 KJ / 45 Kcal	Lipids: 0.8 g,	of which Saturated: 0.15 g
Carbohydrates: 0.18 g,	of which Sugars: 0.18 g	Fiber: 0.20 g
Proteins: 9.2 g	Salt: 0.43 g	

## ALLERGENS

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Contains: Fish  
Can contain traces of Celery

## PRODUCT CHARACTERISTICS

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Commercial Name: Solha no forno

Conservation Instructions: Consumo imediato

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

Validity: Consumo imediato