



INGREDIENTS

Grão de bico cozido, em lata(29 %) (SULPHUR DIOXIDE / SULPHITES), couve lombarda, crua(19 %), seitan(18 %) (GLÚTEN de TRIGO, farinha de TRIGO integral, água, molho de SOJA (água, feijão de SOJA, TRIGO integral, sa, koji), cenoura, crua(10 %), massa macarrão riscado(6 %) (sêmola de TRIGO duro), cebola, crua, azeite, sal, Pimenta branca, moída, colorau, louro, folha, Salsa, crua.

NUTRITIONAL DECLARATION (por 100g)

Energy: 458 KJ / 109 Kcal	Lipids: 3.9 g,	of which Saturated: 0.8 g
Carbohydrates: 9.9 g,	of which Sugars: 1.6 g	Fiber: 3.4 g
Proteins: 7.0 g	Salt: 0.70 g	

ALLERGENS



Contains: Gluten, Soybeans, Sulphur dioxide / sulphites
Can contain traces of Eggs, Nuts, Celery, Mustard, Lupin

PRODUCT CHARACTERISTICS

Commercial Name: Rancho vegetariano

Conservation Instructions: Consumo imediato

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

Validity: Consumo imediato