



# Lombinhos de pescada assados

## Ingredients

Lombinhos de pescada no forno: lombinhos de pescada ((PEIXE)), cebola, crua, Vinho maduro branco (DWUTLENEK SIARKI I SIARCZYNY), Pimento verde, farinha de trigo (GLUTEN), sal, azeite. 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 (Per 100g)

Energy: 49 Kcal /205 KJ

Fiber: 0.43 g

Lipids: 1.1 g

of which Saturated: 0.16 g

Carbohydrates: 3.5 g

of which Sugars: 0.8 g

Proteins: 4.1 g

Salt: 1.6 g



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

## Allergens



Contém: Gluten, Ryby, Dwutlenek siarki i siarczyny  
Pode conter vestígios de Soja, Seler

## Product Characteristics

Commercial Name: Lombinhos de pescada assados

Conservation Instructions: Lombinhos de pescada assados