



## Ingredients

lulas, congeladas(83%) (MOLLUSCS), Arroz branco(36%) [Arroz vaporizado(33%), sal(2%), óleo alimentar(1%), água ], polpa de tomate(21%) (sumo de tomate concentrado, água, sal, antioxidante (E330)), tiras de choco(16%) (MOLLUSCS), cebola(14%), Tentáculo de pota, congelado (POTA, sal, antioxidante (E330), corretor de acidez (E331, E500), estabilizante (E451)), miolo de amêijoia(5%) (MOLLUSCS), miolo de mexilhão, congelado(5%) (miolo de MEXILHÃO, água), azeite(5%), sal(0%), salsa(0%), louro, folha(0%).

## Nutritional Declaration (Per 100g)

Energy: 176 Kcal /737 KJ

Fiber: 0.8 g

Lipids: 6.2 g

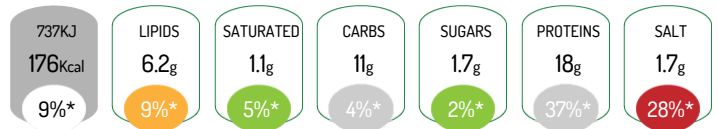
of which Saturated: 1.1 g

Carbohydrates: 11 g

of which Sugars: 1.7 g

Proteins: 18 g

Salt: 1.7 g



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

## Allergens



Contains: Molluscs

Can contain traces of Crustaceans, Fish

## Product Characteristics

Commercial Name: Arroz do Mar

Conservation Instructions: Arroz do Mar