



Ingredients

lulas, congeladas(42%) (MOLLUSCS), tentáculos de potas(34%) (POTA, sal, antioxidante (E330), corretor de acidez (E331, E500), estabilizante (E451)), choco(26%) (MOLLUSCS), cebola(23%), cenoura(17%), couve portuguesa(10%), miolo de amêijo(a)(8%) (MOLLUSCS), chouriço corrente(8%) (GLUTEN, SOYBEANS), Massa macarronete(6%) (GLUTEN), azeite, miolo de mexilhão, congelado (miolo de MEXILHÃO, água), salsa(1%), colorau(0%), sal(0%).

Nutritional Declaration (Per 100g)

Energy: 171 Kcal /716 KJ

Fiber: 1.2 g

Lipids: 7.5 g

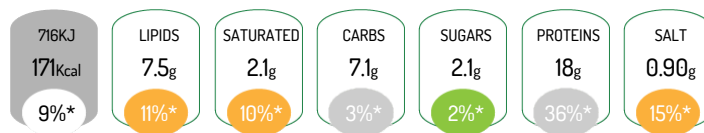
of which Saturated: 2.1 g

Carbohydrates: 7.1 g

of which Sugars: 2.1 g

Proteins: 18 g

Salt: 0.90 g



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

Allergens



Contains: Gluten, Soybeans, Molluscs

Can contain traces of Crustaceans, Eggs, Fish, Celery, Mustard, Sesame Seeds, Sulphur dioxide / sulphites

Product Characteristics

Commercial Name: Rancho do mar

Conservation Instructions: Rancho do mar