



## INGREDIENTS

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calamares à romana, congelados (POTA (40%), estabilizador (E339), antioxidantes (E301, E331), panado (60%) (farinha de TRIGO, fécula de milho, água, óleo de girassol, sal, aromas naturais (alho e limão), agentes levedantes (E500, E450), espessante (E412), corante (E101)), óleo para fritura (óleo de soja refinado, óleo de girassol refinado).

## NUTRICIONAL DECLARATION (por 100g)

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Energy: 1078 KJ / 258 Kcal	Lipids: 16 g,	of which Saturated: 4.0 g
Carbohydrates: 22 g,	of which Sugars: 0.6 g	Fiber: 0.00 g
Proteins: 7.0 g	Salt: 1.3 g	

## ALLERGENS

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Contains: Molluscs

Can contain traces of Crustaceans, Fish

## PRODUCT CHARACTERISTICS

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Commercial Name: Calamares

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