



## Ingredients

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).

## Nutritional Declaration (Per 100g)

Energy: 258 Kcal / 1078 KJ

Fiber: 0.00 g

Lipids: 16 g

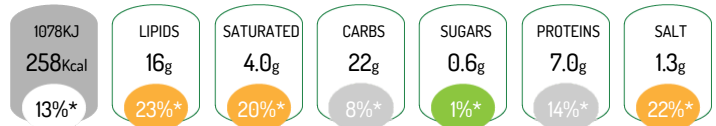
of which Saturated: 4.0 g

Carbohydrates: 22 g

of which Sugars: 0.6 g

Proteins: 7.0 g

Salt: 1.3 g



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

## Allergens



Contains: Molluscs

Can contain traces of Crustaceans, Fish

## Product Characteristics

Commercial Name: Calamares