



Ingredients

Raia à Mouraria: raia(56%) (FISH), cenoura(21%), farinha de trigo(15%) (GLUTEN), azeite, cebola(9%), uva passa(5%), salsa(4%), sal(2%). Batata assada: batata fresca(71%) (batata, conservante (E223) (SULFITOS)), Molho de carne 2 (tempero)(29%) [banha de porco(31%), óleo alimentar(27%), vinho branco(25%) (SULPHUR DIOXIDE / SULPHITES), sal(6%), alho(5%), colorau(3%), salsa(2%), farinha de trigo(2%) (GLUTEN), louro, folha(0%)].



Nutritional Declaration (Per 100g)

Energy: 215 Kcal /902 KJ

Fiber: 1.4 g

Lipids: 14 g

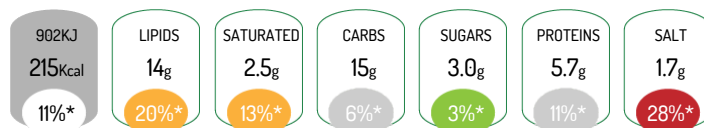
of which Saturated: 2.5 g

Carbohydrates: 15 g

of which Sugars: 3.0 g

Proteins: 5.7 g

Salt: 1.7 g



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

Allergens



Contains: Gluten, Fish, Sulphur dioxide / sulphites

Can contain traces of Soybeans, Celery, Mustard, Sesame Seeds

Product Characteristics

Commercial Name: Raia à Mouraria

Conservation Instructions: Raia à Mouraria