



## Ingredients

Espetada de tofu: tofu(47%) (SOYBEANS, GLUTEN), cebola(21%), curgete(11%), Pimento vermelho(5%), azeite, Pimento verde(4%), alho(3%), salsa(3%), pimenta preta(0%), sal(0%). Arroz de cenoura: água (34%), arroz vaporizado(17%), cenoura(8%), cebola, crua(7%), sal(1%), alho(0%), salsa fresca, crua(0%), louro, folha(0%), azeite.

## Nutritional Declaration (Per 100g)

Energy: 68 Kcal /285 KJ

Fiber: 0.6 g

Lipids: 4.9 g

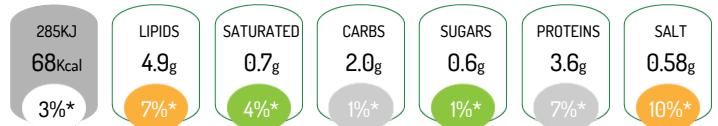
of which Saturated: 0.7 g

Carbohydrates: 2.0 g

of which Sugars: 0.6 g

Proteins: 3.6 g

Salt: 0.58 g



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

## Allergens



Contains: Gluten, Soybeans

Can contain traces of Peanuts, Nuts, Celery, Mustard, Sesame Seeds

## Product Characteristics

Commercial Name: Espetada de tofu

Conservation Instructions: Espetada de tofu