



## Pescada à lagareiro

## Ingredients

Pescada à Lagareiro: filetes de pescada(70%) ((PEIXE)), cebola, crua(37%), alho, cru(5%), sal(1%), azeite. Batata a murro: batata com pele(98%), sal(2%). Migas: feijão frade cozido, lata(40%) (SULPHUR DIOXIDE / SULPHITES), tempero de azeite(23%), broa de milho(18%) (GLUTEN), couve portuguesa(18%), alho(4%), sal(1%).

## Nutritional Declaration (Per 100g)

Energy: 76 Kcal /320 KJ

Fiber: 1.0 g

Lipids: 3.5 g

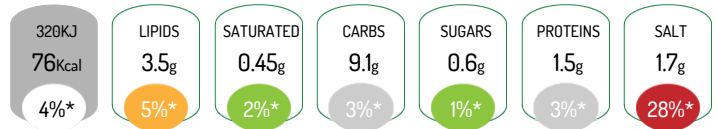
of which Saturated: 0.45 g

Carbohydrates: 9.1 g

of which Sugars: 0.6 g

Proteins: 1.5 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 Eggs, Peanuts, Soybeans, Milk, Nuts, Mustard, Sesame Seeds, Lupin

## Product Characteristics

Commercial Name: Pescada à lagareiro

Conservation Instructions: Pescada à lagareiro