



# Costeletas à Alentejana

## Ingredients

Costeletas à Alentejana: Costeleta de porco, crua, óleo alimentar, farinha de trigo tipo 55 (GLUTEN), pão ralado (farinha de TRIGO, sal, fermento), massa de pimentão (pimento, sal, antioxidante (E334) (SULFITOS), conservante (E211)), ovo de galinha, classe L, cru (contém OVOS). Esparguete alentejana: Esparguete, cru (GLUTEN), cebola, crua, azeite, chouriço corrente (GLUTEN, SOYBEANS), colorau, sal.

## Nutritional Declaration (Per 100g)

Energy: 268 Kcal /1121 KJ

Fiber: 1.3 g

Lipids: 16 g

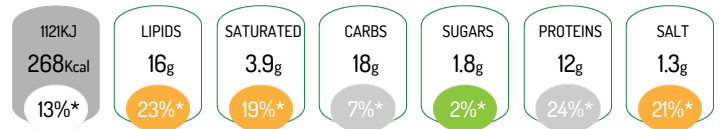
of which Saturated: 3.9 g

Carbohydrates: 18 g

of which Sugars: 1.8 g

Proteins: 12 g

Salt: 1.3 g



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

## Allergens



Contains: Gluten, Eggs, Soybeans, Sulphur dioxide / sulphites

Can contain traces of Mustard

## Product Characteristics

Commercial Name: Costeletas à Alentejana

Conservation Instructions: Costeletas à Alentejana