



Ingredients

Solha grelhada: Solha, crua (FISH), limão, sal. Arroz de legumes: arroz vaporizado(20%), ervilhas, congeladas(8%), cenoura, crua(8%), feijão verde, congelado(8%), cebola(7%), milho doce(4%), sal(1%), alho(0%), salsa(0%), louro, folha(0%), azeite.

Nutritional Declaration (Per 100g)

Energy: 45 Kcal /188 KJ

Fiber: 0.20 g

Lipids: 0.8 g

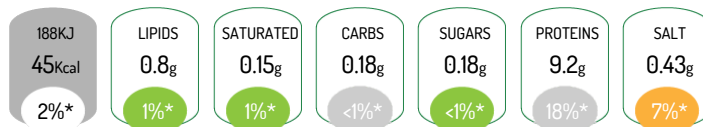
of which Saturated: 0.15 g

Carbohydrates: 0.18 g

of which Sugars: 0.18 g

Proteins: 9.2 g

Salt: 0.43 g



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

Allergens



Contains: Fish

Can contain traces of Celery

Product Characteristics

Commercial Name: Solha no forno

Conservation Instructions: Solha no forno