



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 (por 100g)

Energy: 188 KJ / 45 Kcal	Lipids: 0.8 g,	of which Saturated: 0.15 g
Carbohydrates: 0.18 g,	of which Sugars: 0.18 g	Fiber: 0.20 g
Proteins: 0.2 g	Salt: 0.43 g	

ALLERGENS



Contains: Fish

Can contain traces of Celery

PRODUCT CHARACTERISTICS

Commercial Name: Solha no forno

Conservation Instructions: Consumo imediato

Packed by: Sabor e Arte - R. Fernandes Martins Lt 19 loja Tz - 3030-300 Coimbra

Validity: Consumo imediato