



Ingredients

Grão de bico cozido, em lata(29%) (SULPHUR DIOXIDE / SULPHITES), couve lombarda, crua(19%), seitan(18%) (GLÚTEN de TRIGO, farinha de TRIGO integral, água, molho de SOJA (água, feijão de SOJA, TRIGO integral, sa, koji), cenoura, crua(10%), massa macarrão riscado(6%) (sêmola de TRIGO duro), cebola, crua, azeite, sal, Pimenta branca, moída, colorau, louro, folha, Salsa, crua.

Nutritional Declaration (Per 100g)

Energy: 109 Kcal /458 KJ

Fiber: 3.4 g

Lipids: 3.9 g

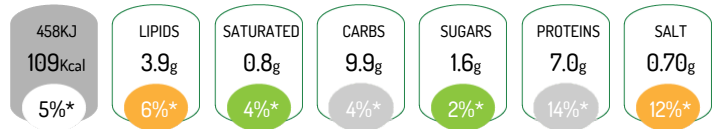
of which Saturated: 0.8 g

Carbohydrates: 9.9 g

of which Sugars: 1.6 g

Proteins: 7.0 g

Salt: 0.70 g



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

Allergens



Contains: Gluten, Soybeans, Sulphur dioxide / sulphites
Can contain traces of Eggs, Nuts, Celery, Mustard, Lupin

Product Characteristics

Commercial Name: Rancho vegetariano

Conservation Instructions: Rancho vegetariano