



## INGREDIENTS

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Pescada frita: filetes de pescada ((PEIXE)), farinha de trigo (GLUTEN), óleo para fritura (óleo de soja refinado, óleo de girassol refinado), 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.

## NUTRICIONAL DECLARATION (por 100g)

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Energy: 378 KJ / 90 Kcal	Lipids: 2.7 g,	of which Saturated: 0.41 g
Carbohydrates: 4.8 g,	of which Sugars: 0.15 g	Fiber: 0.12 g
Proteins: 12 g	Salt: 1.0 g	

## ALLERGENS

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Contains: Gluten, Fish  
Can contain traces of Soybeans, Celery

## PRODUCT CHARACTERISTICS

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Commercial Name: Pescada frita c/ arroz de legumes  
Conservation Instructions: Consumo imediato  
Packed by: Sabor e Arte - R. Fernandes Martins Lt 19 loja Tz - 3030-300 Coimbra  
Validity: Consumo imediato