



Pescada frita c/ arroz de legumes

Ingredients

Pescada frita: filetes de pescada ((PEIXE)), farinha de trigo (GLUTEN), oleo 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.

Nutritional Declaration (Per 100g)

Energy: 90 Kcal /378 KJ

Fiber: 0.12 g

Lipids: 2.7 g

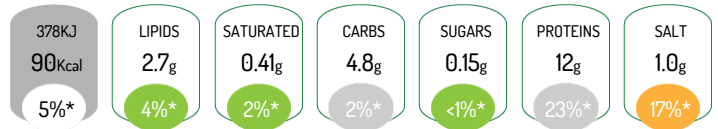
of which Saturated: 0.41 g

Carbohydrates: 4.8 g

of which Sugars: 0.15 g

Proteins: 12 g

Salt: 1.0 g



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

Allergens



Contains: Gluten, Fish

Can contain traces of Soybeans, Celery

Product Characteristics

Commercial Name: Pescada frita c/ arroz de legumes

Conservation Instructions: Pescada frita c/ arroz de legumes