



Chefal la gratar cu lamaie



Ingrediente o portie de 250g :

chefal crud 200g, lamaie 50g, Condiment sare / piper 2g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	169.69	424.22
Energie Kj	709.98	1774.93
Grasimi	5.37g	13.42g
din care acizi grasi saturati	1.58g	3.94g
Glucide	1.88g	4.7g
din care zaharuri	0.5g	1.25g
Fibre	0.56g	1.4g
Proteine	27.38g	68.46g
Sare	0.33g	0.83g

Alergeni

Peste, Alune

Aditivi

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