

Somon la gratar



Ingrediente o portie de 180g :

somon gatit 180g, lamaie 30g, sare de masa iodata 2g

Declaratie nutritionala	100g	Portie 180g
Energie Kcal	193.83	348.9
Energie Kj	810.98	1459.79
Grasimi	9.05g	16.29g
din care acizi grasi saturati	1.01g	1.81g
Glucide	1.56g	2.8g
din care zaharuri	0.42g	0.75g
Fibre	0.47g	0.84g
Proteine	25.18g	45.33g
Sare	2.08g	3.74g

Alergeni

Peste,

Aditivi

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