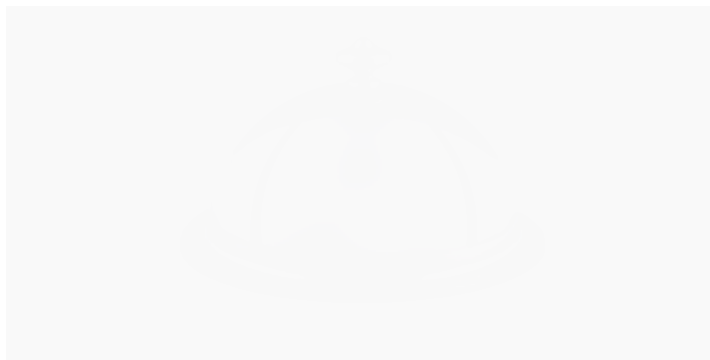




Ardei umpluti cu orez si ciuperci



Ingrediente o portie de 300g :

ardei gras verde 200g, orez alb negatit, cu bob mediu 60g, ceapa galbena 40g, ciuperci champignon 30g, ulei de floarea soarelui 25g, sultan bulion 18% [concentrat pasta de tomate, sare 2%, zahar 1%] 15g, morcov crud 10g, zahar alb [min99.7% sucroza] 2.5g, patrunjel crud 2.5g, Condiment sare / piper 2g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	168.34	505.02
Energie Kj	704.33	2113.00
Grasimi	7.57g	22.7g
din care acizi grasi saturati	0.65g	1.95g
Glucide	22.42g	67.25g
din care zaharuri	3.2g	9.6g
Fibre	1.89g	5.66g
Proteine	2.52g	7.57g
Sare	0.15g	0.44g

Alergeni

Alune

Aditivi

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