



Curcan la cuptor cu sos de tarhon si piure de cartofi



Ingrediente o portie de 350g :

pulpa de curcan cruda 160g, Piure de cartofi 150g (cartofi albi , lapte 1,5%, unt, Condiment sare / piper), Sos de tarhon 70g (Sos de vin, smantana vegetala , tarhon), Mix legume morcov,telina,ceapa 30g (morcov crud), Condiment sare / piper 2g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	129.83	454.42
Energie Kj	543.20	1901.29
Grasimi	4.76g	16.65g
din care acizi grasi saturati	2.01g	7.03g
Glucide	6.67g	23.34g
din care zaharuri	1.57g	5.49g
Fibre	1g	3.5g
Proteine	14.91g	52.2g
Sare	0.56g	1.95g

Alergeni

Alune

Aditivi

-