



## Macrou prajit cu mamaliguta si mujdei



### Ingrediente o portie de 400g :

MACrou prajit 200g (macrou congelat ,Ulei de floare, usturoi crud, malai extra gold , faina alba de grau ,Condiment sare / piper) , mamaliga (apa, malai, sare iodata) 150g, usturoi crud 30g, apa 20g, patrunjel verde 1g

Declaratie nutritionala	100g	Portie 400g
<b>Energie Kcal</b>	202.82	811.28
<b>Energie Kj</b>	848.59	3394.39
<b>Grasimi</b>	12.87g	51.48g
din care acizi grasi saturati	2.27g	9.08g
<b>Glucide</b>	10.73g	42.92g
din care zaharuri	0.08g	0.33g
Fibre	0.66g	2.64g
Proteine	15.09g	60.34g
Sare	0.35g	1.39g

### Alergeni

Gluten  
Peste

### Aditivi

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