



Mancare de cartofi



Ingrediente o portie de 300g :

cartofi cruzi 200g, apa 20g, morcov crud 30g, ardei gras rosu 30g, ceapa galbena 30g, Ulei de floare 15g (ulei floarea soarelui), vin alb sec 10g, piure de rosii 10g, marar 5g, Condiment sare / piper 2g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	109.79	329.37
Energie Kj	459.36	1378.08
Grasimi	4.74g	14.22g
din care acizi grasi saturati	0.53g	1.58g
Glucide	15.01g	45.04g
din care zaharuri	1.88g	5.63g
Fibre	2.32g	6.96g
Proteine	1.81g	5.42g
Sare	0.16g	0.48g

Alergeni

Soia, Alune

Aditivi

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