



## Saramura de pui cu legume coapte si mamaliga



### Ingrediente o portie de 400g :

pulpa de pui 200g, mamaliga 150g, ardei 40g, apa 30g, rosii 30g, ceapa 20g, patrunjel verde 5g, patrunjel 3g, ardei verde iute 3g, sare de masa iodata 2g, piper 1g

Declaratie nutritionala	100g	Portie 400g
<b>Energie Kcal</b>	224.16	896.64
<b>Energie Kj</b>	937.88	3751.54
<b>Grasimi</b>	14.73g	58.94g
din care acizi grasi saturati	3.97g	15.87g
<b>Glucide</b>	6.83g	27.33g
din care zaharuri	0.56g	2.23g
Fibre	0.78g	3.1g
Proteine	15.32g	61.29g
Sare	0.87g	3.47g

### Alergeni

### Aditivi

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