



## Tigaie de pui picanta cu legume si orez basmati



### Ingrediente o portie de 400g :

Tigaie de pui picanta cu legume 250g (piept de pui file, fara piele, ardei, apa, vin alb, pinot blanc, Ulei de floare, usturoi crud, Condiment boia/cimbru/usturoi, Condiment sare / piper), Orez basmati 150g (apa, orez basmati, unt, sarat, Condiment sare / piper), patrunjel verde 5g

Declaratie nutritionala	100g	Portie 400g
<b>Energie Kcal</b>	202.27	809.07
<b>Energie Kj</b>	846.29	3385.14
<b>Grasimi</b>	9.35g	37.38g
din care acizi grasi saturati	2.25g	8.99g
<b>Glucide</b>	14.64g	58.56g
din care zaharuri	0.94g	3.76g
Fibre	0.5g	2.01g
Proteine	13.25g	52.99g
Sare	0.23g	0.94g

### Alergeni

Lapte

### Aditivi

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