



Salata de ton cu porumb



Ingrediente o portie de 350g :

salata iceberg 150g, ton bucati in ulei 100g, rosii 50g, porumb dulce boabe 30g, masline negre feliate in saramura 20g, otet alimentar 4g, Ulei de floare 2g (ulei floarea soarelui) , Condiment sare / piper 1g (sare de masa iodata, piper negru macinat)

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	101.1	353.85
Energie Kj	423.00	1480.50
Grasimi	4.09g	14.32g
din care acizi grasi saturati	0.45g	1.56g
Glucide	3.29g	11.51g
din care zaharuri	1.29g	4.51g
Fibre	0.9g	3.16g
Proteine	7.71g	26.98g
Sare	0.51g	1.78g

Alergeni

Peste, Alune

Aditivi

-