



Salata Greceasca cu crutoane



Ingrediente o portie de 400g :

rosii 100g, salata iceberg 80g, telemea proaspata de vaca 60g, lamaie 50g, castraveti cruzi 35g, ardei 35g, crutoane aromate 35g, ceapa rosie 25g, masline negre feliate 20g, ulei de masline extra virgin 5g, oregano uscat 1g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	100.63	402.51
Energie Kj	421.03	1684.10
Grasimi	5.14g	20.57g
din care acizi grasi saturati	2.64g	10.55g
Glucide	10.3g	41.19g
din care zaharuri	2.39g	9.57g
Fibre	1.72g	6.88g
Proteine	4.13g	16.52g
Sare	0.85g	3.41g

Alergeni

Gluten
Lapte,

Aditivi

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