

Ciorba de burta



Ingrediente o portie de 350g :

apa 200g, burta vita congelata portionata 80g, smantana 50g, ou de gaina 30g, ceapa galbena 20g, morcov fiert 20g, telina radacina 15g, usturoi crud 12g, otet din vin 7g, sare de masa iodata 3g, piper negru 2g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	87.11	304.88
Energie Kj	364.46	1275.61
Grasimi	4.9g	17.16g
din care acizi grasi saturati	2.04g	7.14g
Glucide	4.35g	15.24g
din care zaharuri	0.79g	2.76g
Fibre	0.59g	2.08g
Proteine	6.27g	21.95g
Sare	0.89g	3.12g

Alergeni

Oua
Lapte
Telina,

Aditivi

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