

Ciorba de pui a la grec



Ingrediente o portie de 350g :

apa 200g, pui griller 70g, smantana 20% 50g, oua 30g, ardei 30g, morcov crud 20g, ceapa 20g, telina radacina 20g, suc de lamaie 15g, orez alb 10g, ulei floarea soarelui 10g, marar 5g, sare de masa iodata 2g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	173.93	608.75
Energie Kj	727.72	2547.01
Grasimi	12.15g	42.53g
din care acizi grasi saturati	3.88g	13.57g
Glucide	5.31g	18.58g
din care zaharuri	1.41g	4.94g
Fibre	0.62g	2.17g
Proteine	11.56g	40.47g
Sare	0.72g	2.51g

Alergeni

Telina
Oua
Lapte,

Aditivi

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