

Ciorba perisoare a la grec



Ingrediente o portie de 350g :

carne tocata de porc 55g, smantana 20% 50g, oua clasa m 24g, apa 20g, morcov crud 20g, ceapa 20g, telina radacina 20g, orez basmati 15g, suc de lamaie, natural 10g, patrunjel verde 5g, marar 5g, ulei floarea soarelui 5g, sare de masa iodata 3g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	114.27	399.93
Energie Kj	478.10	1673.30
Grasimi	8.25g	28.89g
din care acizi grasi saturati	3.49g	12.2g
Glucide	5.58g	19.53g
din care zaharuri	0.74g	2.59g
Fibre	0.46g	1.62g
Proteine	4.58g	16.02g
Sare	0.91g	3.18g

Alergeni

Telina
Oua
Lapte,

Aditivi

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