



## Supa crema de conopida (de post)



### Ingrediente o portie de 350g :

conopida 200g (produs / din produs congelat), 1500 150g, ceapa galbena 35g, telina radacina 35g, crutoane aromate 30g, ulei de masline 15g, smantana lichida de gatit 20% [smantana ultrapasteurizata 20.4 % grasime, amidon modificat din porumb , stabilizatori E466] 15g, usturoi crud 4g, Condiment sare / piper 2g (sare de masa iodata, piper negru macinat ), chimion macinat [Seminte de chimion macinate] [seminte de chimion] 0.5g

Declaratie nutritionala	100g	Portie 350g
<b>Energie Kcal</b>	107.21	375.23
<b>Energie Kj</b>	448.56	1569.96
<b>Grasimi</b>	6.82g	23.87g
din care acizi grasi saturati	1.63g	5.71g
<b>Glucide</b>	9.17g	32.09g
din care zaharuri	0.73g	2.55g
Fibre	2.25g	7.87g
Proteine	2.72g	9.51g
Sare	0.45g	1.57g

### Alergeni

Gluten  
Telina  
Soia  
Mustar  
Lapte, Alune

### Aditivi

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