



Cotlet porc impanat, sos de vin si piure de cartofi



Ingrediente o portie de 400g :

Cotlet porc impanat 180g (cotlet de porc,kaizer afumat vid, cabanos ,vin alb sec, Ulei de floare,Condiment boia/cimbru/usturoi, Condiment sare / piper) , Piure de cartofi 150g (cartofi albi ,lapte 1,5%,unt,Condiment sare / piper) , Sos de vin 70g (apa,sos demi glace,vin alb sec) , patrunjel verde 5g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	158.85	635.39
Energie Kj	664.62	2658.47
Grasimi	8.41g	33.65g
din care acizi grasi saturati	2.84g	11.35g
Glucide	4.89g	19.55g
din care zaharuri	0.88g	3.52g
Fibre	0.72g	2.89g
Proteine	14.39g	57.54g
Sare	0.47g	1.89g

Alergeni

Gluten
Lapte
Oua

Aditivi

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