

## Mamaliga cu branza si smantana



### Ingrediente o portie de 300g :

mamaliga 200g, telemea 50g, smantana 20% 50g

Declaratie nutritionala	100g	Portie 300g
<b>Energie Kcal</b>	116.17	348.5
<b>Energie Kj</b>	486.05	1458.12
<b>Grasimi</b>	6.68g	20.05g
din care acizi grasi saturati	5.25g	15.75g
<b>Glucide</b>	9.65g	28.95g
din care zaharuri	0.58g	1.75g
Fibre	0.53g	1.6g
Proteine	4.23g	12.7g
Sare	0.96g	2.88g

### Alergeni

Lapte,

### Aditivi

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