

Midii in sos de vin -450gr

Grupa produse: Peste

U.M.: Portie

Ingrediente pentru: 1.000

Factor conversie la kg: 0.45

Detalii:

Ingrediente (10)	Scoici cochilie, Ulei masline, Usturoi, Suc de lamaie punga, Sare fina, Piper alb - negru macinat, Vin alb, Patrunjel frunze, Rosii cherry, Paine alba
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Nutrient	Valoare / Portie	Valoare / 100g
Valoare energetica Kcal	869.62	193.25
Grasimi	39.77	8.84
Carbohidrati	59.02	13.11
Proteine	65.29	14.51
Valoare energetica Kj	1618.10	359.58
Acizi grasi saturati	3.96	0.88
Acizi grasi mononesaturati	22.01	4.89
Acizi grasi polinesaturati	1.80	0.40
Sare	5.39	1.20
Fibre	1.99	0.44
Carbohidrati zaharuri	2.95	0.66

Alergeni (4)	Moluste, Peste, Crustacee, Cereale
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