**Creme de Legumes**

**Resumo Nutricional:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cals**  151 |  | **Líp**  9g |  | **Carbs**  80g |  | **Prot**  11g |

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| Existem 151 calorias em 1 dose de Creme de Legumes. |
| Repartição das Calorias: **18% líp**, 72% carbs, 10% prot. |

**Arroz de pato**

**Resumo Nutricional:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cals**  423 |  | **Líp**  26,04g |  | **Carbs**  22,21g |  | **Prot**  23,02g |

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| Existem 423 calorias em Arroz de Pato (1 dose). |
| Repartição das Calorias: **56% líp**, 21% carbs, 22% prot. |
|  |

**Salada de Alface**

**Resumo Nutricional:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cals**  5 |  | **Líp**  0,05g |  | **Carbs**  1g |  | **Prot**  0,49g |

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| Existem 5 calorias em Alface de Folha Verde (1 chávena, desfiada). |
| Repartição das Calorias: **8% líp**, 66% carbs, 26% prot. |
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|  |
|  |

**Fruta**

**Laranja**

**Resumo Nutricional:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cals**  62 |  | **Líp**  0,16g |  | **Carbs**  15,39g |  | **Prot**  1,23g |

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| Existem 62 calorias em Laranjas (1 ). |
| Repartição das Calorias: **2% líp**, 90% carbs, 8% prot. |