**Avaliação Nutricional dos produtos apresentados no painel**

* **Lasanha de carne** (1 dose de 300g)

|  |  |  |
| --- | --- | --- |
| **Energia** | **H.C.** | **Lípidos** |
| 385 Kcal | 39g | 19g |

**vs**

* **Lasanha de peru com vegetais** (1 dose de 300g)

6 doses:



1 dose:

|  |  |  |
| --- | --- | --- |
| **Energia** | **H.C.** | **Lípidos** |
| 339 Kcal | 37,5g | 7,6g |

* **Crepe com chocolate** (1 ̴ 100g)

|  |  |  |
| --- | --- | --- |
| **Energia** | **H.C. (açúcares)** | **Lípidos** |
| 317 Kcal | 25g | 16g |

**vs**

* **Panquecas de aveia com banana** (2 ̴ 100g)

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredientes** | **Energia** | **H.C. (açúcares)** | **Lípidos** |
| 30g ovo | 45 Kcal | 0g | 3,2g |
| 1,5 colheres de sopa de flocos de aveia (12g) | 43 Kcal | 0,4g | 0,8g |
| 1,5 colheres de sopa de farinha de trigo integral (14g) | 46 Kcal | 0,3g | 0,4g |
| 50ml de leite magro | 17 Kcal | 2,5g | 0,1g |
| ½ banana | 38 Kcal | 7,8g | 0,2 |
| Canela q.b. | -- | -- | -- |
| **Total** | **189 Kcal** | **11g** | **4,7g** |

* **Gelado de morango** (120g)

|  |  |  |
| --- | --- | --- |
| **Energia** | **H.C.** | **Lípidos** |
| 217 Kcal | 32,4g | 7g |

**vs**

* **Iogurte grego ligeiro gelado** (120g)

|  |  |  |
| --- | --- | --- |
| **Energia** | **H.C.** | **Lípidos** |
| 141 Kcal | 20g | 3,6g |

* **Nuggets de frango** (100g)

|  |  |  |
| --- | --- | --- |
| **Energia** | **H.C** | **Lípidos** |
| 249 Kcal | 22g | 13g |

**vs**

* **Crocantes de frango no forno**

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredientes** | **Energia** | **H.C.** | **Lípidos** |
| 100g peito de frango | 108 Kcal | 0g | 1,2g |
| 2g ovo | 3 Kcal | 0g | 0,2g |
| 5g farinha de trigo integral | 16 Kcal | 3,3g | 0,1g |
| 5g de pão ralado | 18 Kcal | 3,6g | 0,1g |
| **Total** | **145 Kcal** | **6,8g** | **1,7g** |